**Initial Consultation & Health Assessment**

# **Starter Nutrition Program Options**

**Graduate to Ongoing Nutrition Coaching after 6 Weeks**

**Graduate to Ongoing Nutrition Coaching after 3 Months**

**Graduate to Ongoing Nutrition Coaching after 3 Months**

**Biweekly Virtual Check-Ins**

**$149/month**

**Weekly Food Log Review and Check-In**

**Follow-Up Meetings 1x per Month**

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**Weekly Virtual Check-Ins**

**Follow-Up Consultation including Re-Measurements**

**Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients**

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**Biometric Testing (InBody Machine)**

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**Comprehensive Nutrition Handbook**

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**Comprehensive Nutrition Handbook**

**Goal Setting**

**Goal Setting**

**Goal Setting**

**4 Weeks Customized Meal Plans (with Grocery Lists)**

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**4 Weeks Customized Meal Plans (with Grocery Lists)**

**Initial Consultation & Health Assessment**

**Initial Consultation & Health Assessment**

# **$199**

# **Six Weeks**

# **Basic**

**Enhanced**

**3 month commitment**

# **$209/month**

# **3 month commitment**

# **Premium**