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

# **3-month commitment**

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

**Initial Consultation & Health Assessment**

# **Starter Nutrition Program Options**

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

**Graduate to Ongoing Nutrition Coaching after 4 Weeks**

**Biweekly Virtual Check-Ins**

**$169/month**

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

**Follow-Up Visit (At End of 4 Weeks)**

**Weekly Virtual Check-Ins**

**Biweekly Follow-up Visits**

**Weekly Virtual Check-Ins**

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

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

**Biometric Testing (InBody Machine)**

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**Biometric Testing (InBody Machine)**

**Comprehensive Nutrition Handbook**

**Comprehensive Nutrition Handbook**

**Comprehensive Nutrition Handbook**

**Goal Setting**

**Goal Setting**

**Goal Setting**

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

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

**Initial Consultation & Health Assessment**

**Initial Consultation & Health Assessment**

# **$209/month**

# **Platinum**

**Gold**

**3-month commitment**

# **$250**

# **4 Weeks**

# **Silver**