

# Starter Nutrition Program Options

## Silver

4 Weeks

**\$250**

Initial Consultation & Health Assessment

4 Weeks Customized Meal Plans (with Grocery Lists)

Goal Setting

Comprehensive Nutrition Handbook

Biometric Testing (InBody Machine)

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

Weekly Virtual Check-Ins

Follow-Up Visit (At End of 4 Weeks)

Graduate to Ongoing Nutrition Coaching after 4 Weeks

## Gold

3-month commitment

**\$169/month**

Initial Consultation & Health Assessment

4 Weeks Customized Meal Plans (with Grocery Lists)

Goal Setting

Comprehensive Nutrition Handbook

Biometric Testing (InBody Machine)

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

Biweekly Virtual Check-Ins

Follow-Up Visits 1x per Month

Graduate to Ongoing Nutrition Coaching after 3 Months

## Platinum

3-month commitment

**\$209/month**

Initial Consultation & Health Assessment

4 Weeks Customized Meal Plans (with Grocery Lists)

Goal Setting

Comprehensive Nutrition Handbook

Biometric Testing (InBody Machine)

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

Biweekly Follow-up Visits

Weekly Virtual Check-Ins

Graduate to Ongoing Nutrition Coaching after 3 Months