



AYB NUTRITION PRICING FALL 2018

All sessions are with a registered and licensed dietitian with a Master's Degree in Nutrition.

Initial Session: \$160 for 1 person (\$250 for 2)

- Review of client questionnaire including health, current nutrition and lifestyle
- 7 site skinfold body fat analysis, explanation and goals
- Specific nutrition plan with amounts, types of foods, and timing
- Meal and snack plan
- Achievable goals
- Science backed nutrition education to answer your questions about foods, supplements, diets, or anything else nutrition related
- Includes 2 weeks food diaries with comments from your dietitian
- Includes 2 weeks unlimited messaging/questions -we are here for anything you need!

Follow Up Session: \$40

- Review of food diary
- Recommendations
- Goal setting

Follow Up Body Fat Analysis: \$20

- 7 site skinfold test

Nutrition Seminars for your team or group: \$100

- Hour long seminar on topic of your choice for sports teams, lunch and learn events, retreats, groups of friends, health fairs, worksite wellness, or any other event or group

Daily Food Diaries: \$50 per month/auto draft, cancel anytime

- 2 weeks are included with the first session. After that, you can bring your food diaries in to discuss during a follow up session, or you can opt for continuing daily food diaries (we make comments on these and send them back to you-many of my clients like the accountability until they reach their goals and choose this option plus the body fat analysis every 4-6 weeks until they reach their goals)

Grocery Store Class

- Price varies with participant number and time
- Detailed handouts on healthy and practical shopping guidelines, label reading, best choices, produce selection, easy meal ideas, and healthy shopping list