



## **AYB NUTRITION PRICING 2019**

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

### **Resting Metabolic Rate Testing: \$60**

- 30 minute test done first thing in the morning
- Detailed, personalized handouts on your resting metabolic rate to take the guesswork out of meal planning and workout suggestions