

Hands on Health and Nutrition Coaching to Help You Live Your Best Life

All programs are thoughtfully designed to meet your individual needs. If you decide to upgrade programs while actively enrolled, you will be credited for the amount already paid toward the upgraded program.

Tier 1 – The Invigorator

Change your life with this 90-day program. We will take a deep dive into ingrained health and dietary habits that are holding you back from achieving your health goals. Through an individualized approach and needs assessment, we will identify individual challenges and strategies to overcome them. We will work on making consistent, health-promoting choices in all scenarios and building a foundation of healthy habits for sustainable change. This program consists of an initial in-person consult and needs assessment, weekly educational/goal setting touchpoints for the first month, moving to 15-minute weekly touchpoints for the remainder of the program. Touchpoints will include 1 hands-on healthy cooking and meal preparation group classes and/or grocery store tour group and one on one coaching. This is the most intensive program, providing clients with maximum education, support, and accountability.

\$289

Tier 2 – The Energizer

This 6-week program is designed to get you back on the path to health, and to energize and motivate. We will discuss your health goals and needs. We will develop a plan so you can consistently make the healthiest choices available. We will work on shifting mindset surrounding food, encouraging choices that nourish, repair and fuel your body. This program consists of an initial in-person consultation and assessment, scheduled weekly 15-minute touchpoint and goal setting via phone, and an additional 30 minute in-person touchpoint, at the halfway point. Touchpoints may include a hands-on healthy cooking and meal preparation group class or a grocery store tour group and/or one on one coaching.

\$219

Tier 3 – The Booster

This 4-week program is designed to help kickstart your health journey, or to help you refine your current health practices. This program is designed to motivate and provide you with a level of accountability. This program features an initial consultation and assessment, weekly 15-minute touchpoint and goal setting phone calls, and a 30-minute follow-up and evaluation at week 4.

\$129

One-Time Start Up

This option is perfect for those seeking nutrition education, or a quick nutrition reset. You will walk away with 2-3 self-determined, achievable, concrete steps you can take to build a healthy foundation as you move toward your health goals.

\$75