

1:1 Functional Nutrition Packages

Foundational Nutrition: 5 Weeks for Lasting Change: \$885

This is your foundational support. Ideal for those who prefer a gentle approach to healing. This program focuses on restoring digestive and gut health to boost brain function. When digestion and gut health are not working well, it impacts your energy, focus, memory, blood sugar, hormones and more. This 5-week functional nutrition program includes an initial assessment, a basic meal plan tailored to improve digestion, balance blood sugar and boost brain function. Perfect for those new to nutrition-based cognitive enhancement.

Please note this fee is non-refundable as I spend significant amount of time and energy to prepare for the comprehensive consult so that I can best serve you. This includes a thorough review of your intake information – nutritional assessment, health history etc.

Health Intake and Analysis	<ul style="list-style-type: none"> • Medical health history • Nutritional Assessment Questionnaire (NAQ) • Lifestyle assessment • 5-day Food and mood journal 	\$180 Value
Functional Nutrition Consultations	<ul style="list-style-type: none"> • One 60-minute Initial Consult • One 60-minute Review Consult with next steps to build sustainable habits • Wellness Plan 	\$360 Value
Health Coaching Sessions	Three 30-minute coaching session <ul style="list-style-type: none"> • What to Eat: Nutrient Dense Foods • How to Improve Your Digestion • How to Blood Your Sugar Balance 	\$345 Value
Toolkit /Hand-outs	<ul style="list-style-type: none"> • 30 Day Rebalancing Meal Plan + recipes and shopping list • Breath & Hydration: Essentials for a Thriving Lifestyle • Eat Nutrient Dense Foods: Fuel your Health • Improve Your Digestion: The Key to Optimal Health • Balance Your Blood Sugar: Energize Your Life • Gut Health Dining Guide 	\$203 Value
Benefits	<ul style="list-style-type: none"> • Client portal access, food and lifestyle journal, unlimited messaging • 10% discount on Fullscript 	

Mindful Wellness Mastery: Your Health Journey Roadmap: \$3,454

This is your gut health and wellness deep dive. Ideal for those who have been struggling with unexplained gut issues, blood sugar dysregulation or hormonal imbalances. Or looking to optimize cognitive function and overall wellness. We will work together for 4 – 6 months to get you well on your way towards gut healing and building sustainable habits. Includes detailed dietary analysis, microbiome (GI-MAP) and food sensitivity lab tests, personalized nutrition plans and supplement advice designed to optimize brain health and overall wellness. Includes ongoing support and adjustments to ensure maximum health benefits.

- Everything in the Foundational Nutrition package
- Functional lab testing: microbiome and food sensitivities
- In-depth and personalized supplement recommendations to support bio-individual health goals
- Ten 30-minute coaching sessions for accountability, discuss progress and adjust as needed
- 20% discount on Fullscript

Functional Lab Analysis Health Intake and Analysis	<ul style="list-style-type: none"> • GI MAP • MRT food sensitivities • Medical health history • 3 Nutritional Assessment Questionnaires (NAQ) • Food and mood journal 	<p>\$829 Value</p> <p>\$250 Value</p>
3 FNT Consultations	<ul style="list-style-type: none"> • Initial Consult - 80 minutes (in person or Zoom) 30-day Rebalancing Diet Coaching session - Breath & Hydration: Essentials for a Thriving Lifestyle • Results Review Consult - 60 minutes (in person or Zoom) <ul style="list-style-type: none"> - Lab test results - Personalized Therapeutic Plan • Final Review Consult - 60 minutes <ul style="list-style-type: none"> - Recap work done to date - Sustainable functional nutrition plan <p><i>Nutrition, supplements and lifestyle</i> <i>Includes GI MAP retake and analysis if applicable</i></p> 	<p>\$750 Value</p>
10 Coaching session Sessions	<ul style="list-style-type: none"> • 10 check-in sessions: 30 minutes (phone or video) • Up to 18 mid-sessions check in (email) 	<p>\$1,125 Value</p>

Complimentary Re-Assessments	<ul style="list-style-type: none"> • Quarterly - 45 minutes • <i>NAQ, health intake and analysis (lab tests optional)</i> 	\$500 Value
Toolkit /Hand-outs	<ul style="list-style-type: none"> • Nutrition Blueprint: Actionable Knowledge for Better Health • Pantry Rehab: Your Kitchen Ally • 30 Day Rebalancing Meal Plan + recipes and shopping list • Breath & Hydration: Essentials for a Thriving Lifestyle • Eat Nutrient Dense Foods: Fuel your Health • Improve Your Digestion: The Key to Optimal Health • Balance Your Blood Sugar: Energize Your Life • Gut Brain Harmony • Sleep Well: Mastering the Secrets of Better Rest • Stay Active: Integrating Movement for All-Day Vitality • Gut Health Dining Guide Stress resilience 	
Benefits	<ul style="list-style-type: none"> • Access to the Practice Better client portal, unlimited messaging, food and lifestyle tracking • Resource Library • 3-week DFY Program: <i>Stress Resilience for a Healthier</i> • Discount 20% on Fullscript • Complimentary yearly check-ins (<i>lab tests optional</i>) 	