



Back to Basics

Nutrition and Vitality Package

Initial Nutrition Consultation

- ✓ Complete Health and Wellness intake complimented by guided Nutrition education and coaching
- ✓ Education on your unique biochemical individuality and how that directly influences your personal metabolic needs
- ✓ Overview of the importance of proper macro and micronutrient balance in the body
- ✓ The importance of stress reduction to preserve and recharge your organ and glandular systems
- ✓ Whole food based recommendations to support mind/body balance and optimize long term health and vitality
- ✓ Supplementation recommendations that supports your individual biochemistry

Nutrition “Health Check” Follow-up: Education & Application

(Scheduled 2 weeks out from Initial Consult)

- ✓ Progress Health Check
- ✓ Comprehensive nutritional reactions and adaptations questionnaire
- ✓ Meal planning and cooking guidance while fine tuning macro and micro nutrients to balance the brain and body
- ✓ How to optimize hormonal balance in your body (Hypothalamus/Pituitary/Adrenal Systems)
- ✓ Education on Rotational Dieting and its influence on isolating food intolerances
- ✓ The Mind-Body Connection: How the Emotional self affects the Physical self
- ✓ Address and solve any existing Nutritional behaviors that may prevent steady progress

Written Meal Plan

- ✓ Nutrition Program overview with assessment on the nutrition & lifestyle changes you have made
- ✓ 7 day Personalized Food Guide and Meal Plan recommendations based on your personal metabolism
- ✓ Meal plan includes: Breakfast, Lunch, Dinner, Snacks, and essential Supplements



**Total Investment for Back to Basics:
Health and Vitality Package \$349**

(Package consists of 3 separate Nutrition sessions)