



## Services and Rates

### Evaluation

Free 15 minute conversation to discuss your goals with eating and living more healthfully and how food coaching can help you reach your health and wellness goals today.

### Wellness Service

This service helps you reach your optimal health and fitness goals quickly and easily. Creative, flexible meal plans, grocery lists, step by step assembly instructions and educational materials empower you to achieve and maintain health through whole foods.

<i>Service</i>	<i>Rate</i>
Starter Package - Two 1 Hour Sessions and Personalized Packet	\$250
Single 1 Hour Session	\$75
Package of Five 1 Hour Sessions (7% Savings)	\$350
Studio 4 Member Rate Per 1 Hour Session	\$65



Studio 4 Members are qualified for a special member rate of \$65 an hour per session. Use your sessions from your Studio package or mention your membership at time of appointment booking.

## Supplementary Services

Whether you need a simple jump start or need to continue to stay on track with a wholesome eating plan, there are several customized services to keep you up to date. All supporting services may be done individually or in a group setting (Two person minimum for group sessions).

<i>Service</i>	<i>Individual Rate</i>	<i>Group Rate (Per Person)</i>
<b>Recipe Consultation (3 Hours)</b>	\$200	\$125
<ul style="list-style-type: none"> <li>• Meal Planning</li> <li>• Kitchen Setup</li> <li>• Cooking Lesson</li> <li>• Travel to Your Home Included</li> <li>• Cost of Groceries Not Included</li> </ul>		
<b>Grocery Shopping (2 Hours)</b>	\$130	\$75
<ul style="list-style-type: none"> <li>• Creating Grocery Lists</li> <li>• Creating Meal Plans on a Budget</li> <li>• Selecting Ingredients</li> <li>• How to Read Labels</li> <li>• Understanding Ingredient Quality</li> <li>• Grocery Store Navigation</li> <li>• Travel to Store Included</li> </ul>		
<b>Pantry Rescue (2 Hours)</b>	\$130	\$75
<ul style="list-style-type: none"> <li>• Organize and Label Pantry</li> <li>• Build a Healthy Ingredient Pantry</li> <li>• Hands-On</li> <li>• Create Ongoing Pantry List to Prepare Nourishing Meals</li> <li>• Includes Travel to Your Home</li> </ul>		
<b>Seasonal Update (Four, 90 min Sessions)</b>	\$450	\$275
<ul style="list-style-type: none"> <li>• Meet Once Every Three Months</li> <li>• Educate on Seasonal Food Choices</li> <li>• Select Seasonal Recipes</li> <li>• Build Plans to Eat Fresh and Affordable Meals</li> </ul>		
<b>Pregnancy Health (5, 45 min Sessions)</b>	\$275	\$200
<ul style="list-style-type: none"> <li>• Before Baby Nutrition</li> <li>• Pregnancy Nutrition</li> <li>• Mommy and Baby Food Basics</li> <li>• Meal Planning for the Whole Family on a Budget</li> <li>• Includes travel to home</li> </ul>		