

Nutrition Starter Kit - \$150

- One hour initial consultation
- Two thirty minute follow up consultations
- One customized meal plan
- Access to on-going email support for one month

Nutrition Overhaul - \$350

- One hour initial consultation
- Two thirty minute follow up consultations
- In home fridge/pantry clean out
- One guided grocery shopping trip
- 3 customized meal plans
- Access to on-going email support for two months

Healthy Family - \$250

- One hour initial consultation
- One customized meal plan
- One family cooking lesson
- One guided grocery shopping trip
- Access to on-going email support for one month

Active Lifestyle - \$120

- One hour initial consultation
- One customized meal plan
- One meal prep and planning workshop
- Access to on-going email support for one month

* Add an additional cooking lesson for \$75 *

Theatrical Trainer Nutrition Packages



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