



90 MIN INITIAL SESSION

\$395

- **a review of every facet of your story**
 - sleep [both depth and consistency]
 - energy fluctuations
 - GI distress
 - stress levels // lifestyle design
 - symptoms of hormone imbalance
 - functional fitness and movement routine
 - **very specific goals and milestones established for the mentorship and beyond**
 - **roadmap of care provided within 48 hrs of initial session enabling you to feel like a “co-pilot” on your journey**
 - including recommended labs* and optimal timing of those draws
 - **specific tasks + daily routine designed for you prepping you to jump into the plan of care**
- *consider running a Simply Nourished comprehensive wellness panel to prepare for this session [see a la carte section below]



6 MONTH PACKAGE [8 consults]

\$1800

- **we will continue our partnership by working together for 6 months [meeting for 8 x 60 min sessions] to strategically unravel imbalance, build atomic habits and celebrate milestones of transformation**
 - this specific timeline breeds the good type of “urgency”- creating traction and tangible results
 - 8 consults will be completed within 6 months giving us enough time to make meaningful [permanent] change - recalibrating your relationship with your body and food
- **included in the package:**
 - clinical tools and pearls of wisdom applied to you and your unique story + goals
 - lab interpretation through the lens of functional medical nutrition therapy [see a la carte below]
 - meal planning guidelines + recipes [with shortcuts every step of the way to streamline your time]
 - structured lifestyle architecture design tailored to you
 - medicinal herbal support- recalibrating areas of imbalance
 - targeted micronutrient repletion using food as medicine paired with targeted nutraceuticals
 - access to bespoke and targeted tools making your tasks approachable + simple + sustainable
 - gentle cleansing and detoxification to push past stagnation
 - 2 x 20 min calls to clarify or work through questions about your protocol
 - notes encapsulating exactly what to do during our time apart with a daily routine provided
 - a plan of care elevating the art of living

and on the other side of our time together:

- metabolic flexibility
- deep hormonal recalibration
- balanced micronutrient repletion
- a meaningful relationship with your body and food



A LA CARTE ITEMS

- 20 min calls [2 included in 6 month package]: \$60
- collaboration with other members of health team [outside of Simply Nourished dietetic team]: \$180/hr
- complete A to Z meal plans done for you: variable
- labs* [not required but to be discussed as they pertain to plan of care for each mentee]
 - simply nourished comprehensive wellness panel [\$360] - consider this panel a proactive pre-requisite to our time together - click [HERE](#) to see what the panel includes
 - if your PCP is unable to run or not covered by insurance, consider running this panel before we meet to give invaluable information to guide plan of care with more strategy and targeted biometrics
 - DUTCH hormone panel [\$350]
 - GI panel [\$480]
 - micronutrient panel [\$400]
 - your mentorship includes a conversation about which panels to run to target your wellness goals



NOT INCLUDED IN PACKAGE

- access via text, calls or on weekends
- recommended supplements // herbs
- lab fees*



LATE CANCEL

- first cancellation within 48 hours: free
- all other cancellations within 48 hours: 1 credit released from package



FOLLOW-UP CARE

- 75 min lab review: \$180 [excludes the price of the lab]
- 4 x 1 year extension [4 x quarterly 1 hour sessions]: \$1200
- 6 month extension [6 x monthly 1 hour sessions]: \$1500
- 90 min sessions as needed for brush up care [following 6 month package]: \$395