



| Nutrition Jump-Start | 90 Day Reformation | 6 Month Revolution | Family Wellness Project |
|--|---|---|--|
| 6 weeks | 3 months | 6 months | 6 weeks or 3 months |
| <ul style="list-style-type: none"> Initial Consultation Meal Plan Personal Grocery Store Tour In-home Cupboard Clean Out Follow up appointment (60 minutes) with Food Analysis via telehealth video conferencing Unlimited messaging to personal Registered Dietitian Unlimited access to the Healthie platform | <ul style="list-style-type: none"> Recommended cholesterol tests before and after Initial Consultation Body Fat Analysis Portion control plate Meal Plan Personal Grocery Store Tour with reusable shopping bag In-home Cupboard Clean Out 4 Follow up appointments (30 minutes) with Food Analysis via telehealth video conferencing Unlimited messaging to your personal Registered Dietitian Unlimited access to the Healthie platform | <ul style="list-style-type: none"> Recommended cholesterol tests before and after Initial Consultation Body Fat Analysis Portion control plate Meal Plan Personal Grocery Store Tour with reusable shopping bag In-home Cupboard Clean Out 10 Follow up appointments (30 minutes) with Food Analysis and the option of telehealth and/or walk & talk sessions Unlimited messaging to your personal Registered Dietitian Unlimited access to the Healthie platform | <ul style="list-style-type: none"> Supervised family challenges Recommended cholesterol tests before and after Initial consultation and movie night with 'Forks Over Knives' Documentary 2 Follow up sessions (option for walk & talk) with family members (60 minutes) Personal Grocery Store Tour Family representative with unlimited messaging to Registered Dietitian and access to Healthie platform |

Alternative Options:

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| Healthy Maintenance Program | Personalized Meal Plan | I-Hour Individual Nutrition Counseling | Group Nutrition Counseling | Create your Own Package Deal! |
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