



One-on-One Eating Psychology Coaching

(a la carte sessions \$115 per hour)

Includes:

90-minute initial intake session with dietary intake and action plan - \$150

- 55-minute weekly sessions (phone, skype, office or in-home visit)
- Email support throughout the week
- Customized meal suggestions and nutritional guidance
- Individualized resources and worksheets for additional support
- Accountability and structure
- Weekly homework assignments

3 or 6 month Coaching Packages

\$460 per month (10% discount for 6 month package)

Includes: Everything above plus:

— In home pantry detox - I'll come to your home and help you organize and outfit your pantry and fridge to support your health and wellness goals

— Grocery Store Companion - I'll accompany you to your favorite supermarket to demystify and assess food labels and help pick out healthy food staples to set you up for success

Click [HERE](#) to schedule your consult

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