

Nutrition Consultation

- One on one consultation to discuss your personal health goals
- Coaching on how we can help you take your body to the next level of health
- General health assessment
- Body composition analysis
- 8 week plan presentation
- Discuss the benefits and importance of consuming balance of quality whole food meals for:
 - Weight loss
 - Weight gain
- Information on blood sugar stabilization and benefits of homeostasis
- Grocery store tour