



Nutritional Consulting:

Nutritional Consulting is designed to work closely with you to motivate, educate, inform and assist you in achieving optimal health and meeting your personal health goals.

In nutritional consulting we work with you helping to pinpoint your nutritional issues and aide in creating healthy, do-able solutions by analyzing your current dietary routine; discussing your nutritional goals and lifestyle; and then creating an effective nutrition protocol to meet your personal needs.

A variety of subjects will likely be included in developing a nutrition plan based on personal health needs and goals to create an overall “health action plan”. This will serve as a powerful too in assisting you in reaching your goals and maintaining a healthy balanced lifestyle.

Some of the activities beyond initial assessment will include individualized nutrition plans, meal planning, fitness plans, grocery shopping, cooking styling, dining out tips, cooking for family needs, portion balancing, stress and relaxation plans, and much more.

Eating healthy and wisely does not mean sacrificing on flavour or the foods you love, or even dieting. Creating balance in all that you do will help to form a balanced lifestyle that is rich in pleasure, enjoyment and great tasting nutritional food.



Fee Structure:

Meet and Greet Session – Complementary – 15 min.

First Consultation \$125 (90 min)

Follow-up Apts. \$ 75 (60 min)