

It will never get any easier than TODAY to start making healthy lifestyle changes!

### Nutritional Wellness Consultation

Because we are all so different- at Synergy we take a very individualized approach to clients and cater plans based on each clients needs. We don't believe that 'one diet fits all'. Our philosophy and experience show that eating the right foods in the right amounts can be very therapeutic and aid in helping one feel their healthiest and strongest.

### Pricing

<u>1. Weight Management Consult</u>	\$150
<ul style="list-style-type: none"><li>- 1 hour consults with Nutritional Wellness Counselor</li><li>- Body composition analysis (InBody), including BMR</li><li>- Individualized personal plan for weight management</li></ul>	
<u>2. Condition/Symptom Management Consult</u>	\$150
<ul style="list-style-type: none"><li>- 1 hour consult with Nutritional Wellness Counselor</li><li>- Body composition analysis (InBody), including BMR</li><li>- Individualized personal plan for specific condition/symptom management</li></ul>	
<u>3. Phone/email Initial Consultations</u>	\$150
<u>4. Follow-up Consultations</u>	\$25-55

### Additional Services:

-Monthly Personalized Meal Planning	\$100-150
-Personalized Grocery Tours	\$100
-Family sessions	\$200
-In-home Pantry Makeovers	\$50/hr
-Additional body composition check	\$25