

Nutritional Transformations Services & Consultation Options

Initial consultation: \$150.00 for 90 minutes at your home or business.

During your initial consultation Heidi will visit you at your home and get to know your nutritional needs/desires. Heidi will then go through your kitchen for a complete make over on your food cupboards and fridge.

This service includes:

~A consultation to find out your personal tastes and desires in food so that new choices recommended will provide a better chance for individual success.

~A customized strategy that will help you take baby steps towards replacing what's in your kitchen with healthier options.

~A grocery shopping list complete with specific products and the grocery stores that carry them.

~A list of recipes and a meal plan specific to your preferences.

~A commitment to work with the dietary recommendations/ prescription of your professional wellness provider (naturopath, chiropractor, acupuncturist, natural health consultant) to ensure your success for optimal health.

Additional Consultation Fee: \$50.00 per hour for coaching, grocery shopping companion, food prep training, meal planning, follow up with your professional wellness provider. *I offer one half hour free consulting with each referral!

Contact Heidi Lessick for an appointment

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<http://blog.nutritionaltransformations.com>

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