



Nutrition Service Tiers

Pay as you Go: \$165/60 minutes; \$115/30 minutes

2-Visit: \$350 nutrition only; \$550 nutrition + 2 months of workouts

90-Day Max Coaching: \$250/month nutrition only; \$350/month nutrition + 3 months of workouts

	Pay as you Go	2-Visit Nutrition only Nutrition + exercise	90-Day Max Coaching Nutrition only Nutrition + exercise
Initial 60-minute meeting	✓	✓	✓
Nutrition plan with calories and macros	✓	✓	✓
Supplement suggestions	✓	✓	✓
Customized workout plan w/ specific exercises and sets/reps		✓ <i>*nutrition + exercise only</i>	✓ <i>*nutrition + exercise only</i>
Email support		✓ <i>*limited</i>	✓
Food log review			✓
Workout log review			✓
Follow up meetings		✓ <i>*only 1 included</i>	✓ <i>*weekly</i>
Virtual coaching and support			✓
Updates to nutrition plan		✓ ¹	✓ ¹

1. Updates to nutrition plan occur only in scheduled meetings. The Pay as you Go option doesn't guarantee an update to your nutrition plan since follow up meetings aren't included.