



NUTRITION PROGRAMS

4 Week Consulting Program:

\$199

- Initial consultation
- 7 Days of Meal plans
- Grocery list
- Body comp assessment
- Daily caloric intake recommendations
- 1-day dietary analysis
- Nutrition log
- **TWO** 20-minute follow ups (via telephone, every 2 weeks)

8 Week Consulting Program:

\$299

- Initial consultation
- 7 Days of Meal plans
- Grocery list
- Body comp assessment
- Daily caloric intake recommendations
- 1-day dietary analysis
- Nutrition log
- **FOUR** 20-minute follow ups (via telephone, every 2 weeks)
- Customized upper body workout
- Customized lower body workout
- Fitness assessment report

12 Week Consulting Program:

\$399

- Initial consultation
- 7 Days of Meal plans
- Grocery list
- Body comp assessment
- Daily caloric intake recommendations
- 1-day dietary analysis
- Nutrition log
- **SIX** 20-minute follow ups (via telephone, every 2 weeks)
- Customized upper body workout
- Customized lower body workout
- Fitness assessment report
- Customized core workout
- High Intensity Cardio workout
- Supplement Recommendations

**CALL REBECCA AT 781.665.0343
TO SCHEDULE A CONSULTATION**