



Fit Girls Eat Burgers offers personalized nutritional consulting. Each plan is customized to the client's individual needs. Assessments are made based upon familial health history, genetics, lifestyle, illness, allergy and overall health and fitness goals. Clients work one on one with integrative nutritionist Courtney Berlin. Weekly to bi-monthly consultations are recommended to maximize results over a three to six month period.

SERVICE LIST

CUSTOMIZED NUTRITION PLAN A

\$175

1. One initial 70 minute consultation
2. One week meal plan complete with 3 meals a day and 2 snack suggestions for the 7 day week
3. Approved food list

CUSTOMIZED NUTRITION PLAN B

\$350

1. One initial 70 minute consultation
2. One customized week meal plan including 3 meals a day and 2 snack suggestions for the 7 day week
3. Approved food list
4. A copy of session notes from initial consultation
5. Grocery list

CUSTOMIZED NUTRITION PLAN C

\$550

1. One initial 70 minute consultation
2. One customized week meal plan including 3 meals a day and 2 snack suggestions for the 7 day week
3. Approved food list
4. A copy of session notes from initial consultation
5. Grocery list
6. Customized recipes based on client's food preference and allergies, if any
7. One 60 minute follow up consultation
8. Week 2 meal plan with revisions from follow-up consultation
9. Pantry clean out

HOURLY VISITS

Hourly visits are also available at \$85 per hour. Client can dictate how many sessions in advance and also discuss timing involved to prepare the entire nutrition plan or only certain aspects of the program. Nutritionist will discuss in advance of payment, the time to be spent on the plan.