

Nutrition Consulting Price List



Initial Nutrition Assessment: \$80 (includes HST)

- 60-min assessment and nutrition counselling session
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Computerized Diet Analysis: Included in all packages; extra analyses cost \$60 (includes HST)

- 3-day food intake record (FIR) analyzed to generate a personalized Nutrient Intake Report: total calories, protein, carbohydrate, fat, saturated fat, trans fat, poly- and mono-unsaturated fat, cholesterol, water, fibre, caffeine, alcohol, and all vitamins and minerals will be analyzed based on your 3-day FIR.
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Nutrition Makeover Package: \$460 (includes HST)

- Eight 45-min nutrition counselling sessions + one Computerized Diet Analysis
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Sports Nutrition Special: \$260 (includes HST)

- Four 45-min nutrition counselling sessions + one Computerized Diet Analysis
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Three Month Weight Management Program: \$370 (includes HST)

- Four 30-min nutrition counselling sessions + six 15-min nutrition check-ins + one Computerized Diet Analysis
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Nutrition Tune-Up Package: \$160 (includes HST)

- Two 45-min nutrition counselling sessions + one Computerized Diet Analysis
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Get Healthy Couples Package: \$380 (includes HST)

- Three 60-min nutrition counselling sessions (together) + two 30-min nutrition counselling sessions (individual) + two Computerized Diet Analyses
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Mommy Makeover: \$360 (includes HST)

- Six 45-min nutrition counselling sessions + one Computerized Diet Analysis
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Personalized Kitchen Nutrition Makeover: \$400 (includes HST)

- A one-time, four-hour personalized home visit by the dietitian to provide you with a thorough health and nutritional assessment, an individualized nutrition care plan, a complete kitchen nutrition makeover, a private grocery store tour, wrapped up with some healthy food preparation time to set up a week's worth of nutritious meals and snacks.
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Individualized 7-Day Meal Plan with Recipes & Grocery List: \$380 (includes HST)

7-Day Healthy Dinner Package with Recipes & Grocery List: \$100 (includes HST)

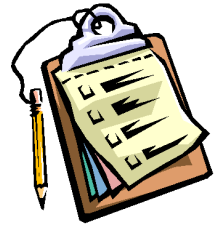
Recipe Analysis: \$10 (includes HST)

- Receive a detailed nutrition analysis for your favourite recipe.
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PACKAGE DETAILS

Initial Nutrition Assessment: \$80 (includes HST)

- 60-min assessment and nutrition counselling session
- Foundation to all nutrition packages and serves as the starting point for change
- Careful review of your nutrition habits, your health and medical history, dietary supplements and medication use, exercise habits, lifestyle factors, and your nutrition, health, and weight-management goals
- Optional collection of your height, weight, and waist circumference to track your progress over time



Nutrition Makeover Package: \$460 (includes HST)

As the saying goes, you are what you eat! Learn the elements of good nutrition by reviewing a different aspect of your diet every 1-2 weeks to ensure you are eating a variety of vegetables, fruit, legumes, whole grains, low-fat dairy products, lean meats, fish and shellfish, and healthy fats. This package is ideal for those who want to lose weight by making healthy and sustainable changes to the way they eat or for those looking to clean up their eating habits to look and feel their best.



- **Eight 45-minute Nutrition Appointments** to revamp your current eating habits
 - **Session 1, Eating for Energy:** optimal meal timing, balanced meals, and healthy snack ideas
 - **Session 2, Colour It Up:** vegetables and fruit
 - **Session 3, Wholesome Whole Grains:** healthy whole grain choices and fibre
 - **Session 4, Satiating Foods:** protein punch and healthy fats
 - **Session 5, Breakfast of Champions:** fuel your day with the right foods from the beginning
 - **Session 6, Hydration for Health:** strategies to stay hydrated with the right fluids
 - **Session 7, Functional Foods:** spinach, cranberries, salmon, quinoa, soy, green tea, probiotics, and more
 - **Session 8, Putting It All Together:** meal planning, batch cooking, cleaning out the cupboards
- **One Computerized Diet Analysis** of food intake record (3 days analyzed)
- **Free Handouts and Healthy Recipes** with nutrient analysis to compliment each session's topic

Sports Nutrition Special: \$260 (includes HST)

- **Four 45-minute nutrition appointments** to help you achieve your sports performance goals
 - **Session 1, Eating for Energy:** optimal meal timing, balanced meals, and healthy snack ideas
 - **Session 2, Macronutrients:** evaluation of your energy and macronutrient needs (protein, carbohydrate, and fat) for your activity level and preferred ratio, review of supplement use
 - **Session 3, Pre- & Post-Exercise Nutrition Strategies:** the best choices to fuel a workout and recover quickly from exercise
 - **Session 4, Hydration/Competition Tips:** water, sports drinks, caffeine, prepping for competition
- **One Computerized Diet Analysis** of food intake record (3 days analyzed)
- **Free Handouts and Healthy Recipes** with nutrient analysis to compliment each session's topic



3-Month Weight Management Program: \$370 (includes HST)

Working closely with a nutrition professional provides motivation, accountability, and support to help you stick with your goals. Frequent check-in appointments and ongoing monitoring of your food journal and measurements provides a strong accountability component to this package.



- **Month 1: four 30-minute appointments** (1x/week) to discuss healthy eating basics:
 - **One Computerized Diet Analysis** of food intake record (3 days analyzed)
 - Review current food intake, portion sizes, food preferences, supplement use, exercise habits
 - Discuss optimal meal timing, balanced meals, and healthy snack ideas
 - Learn more about label reading, eating out, special holidays, and overcoming cravings
 - Receive practical, time-efficient tips and healthy recipes
 - Learn how to become in touch with your natural hunger and satiety cues to overcome mindless eating and achieve a healthy body weight and shape
 - Review your food journal and measure your weight and waist circumference
- **Month 2: four 15-minute appointments** (1x/week) to check-in with the dietitian:
 - Review your food journal and measure your weight and waist circumference
 - Discuss ways to overcome barriers to your success
 - Set achievable short-term goals for the following week
- **Month 3: two 15-minute appointments** (1x/every 2 weeks) to check-in with the dietitian:
 - Review your food journal and measure your weight and waist circumference
 - Discuss ways to overcome barriers to your success
 - Set long-term goals to maintain a healthy body weight

Nutrition Tune-Up Package: \$160 (includes HST)

Periodically, we all need a nutrition tune-up. This package, geared towards new and returning clients, allows you to check-in with a qualified nutrition professional to have your diet and nutrient intake assessed for quality and adequacy. Working with a Registered Dietitian can help you determine where in your diet small changes can be implemented to help get back on track with healthy eating. Working together, create an action plan for change by setting specific, realistic, and achievable short- and long-term goals to steer you in a healthier direction.



- **Two 45-minute nutrition appointments** to address the key aspects of your life where dietary changes will have the greatest impact on your health, wellness, and weight.
- **One Computerized Diet Analysis** of food intake record (3 days analyzed)
- **Free Handouts and Healthy Recipes** with nutrient analysis to compliment each session's topic

Get Healthy Couples Package: \$380 (includes HST)

The “Get Healthy” Couples Package is perfect for couples who wish to make nutritional changes together. By working together to change household nutrition habits, both partners can benefit from the support of a Registered Dietitian and each other.



- **Three 60-minute nutrition appointments** *together* to address key aspects that impact both partners’ long-term health, wellness, and weight.
- **Two 30-minute nutrition appointments** *individually (1 per person)* to address specific dietary concerns and each person’s relationship with food and body weight. This may be combined into one 60-minute shared appointment if desired.
- **Two Computerized Diet Analyses** (1 per person) of food intake record (3 days analyzed)
- **Free Handouts and Healthy Recipes** with nutrient analysis to compliment each session’s topic

Mommy Makeover: \$360 (includes HST)

Whether you are looking to eat healthier to help conceive a child, are currently pregnant, or have recently delivered, nutrition has a huge impact on both mother and child. Work one-on-one with the dietitian (or bring dad along!) to learn more about the right amounts and types of foods that best support the health of you and your baby. Depending on your stage of motherhood, learn about special topics in maternal nutrition, such as:



- eating “twice as healthy, not twice as much”: appropriate intake of protein, carbohydrates, healthy fats, vitamins, minerals, and fluids
 - food safety advice: find out which foods to avoid that pose a higher risk to you and your baby
 - appropriate gestational weight gain and post-partum weight loss
 - maternal multivitamin selection: special focus on folic acid and iron
 - breastfeeding initiation and duration
 - omega-3 fatty acids and safe fish intake
 - management of gestational diabetes, excessive nausea and vomiting, and other nutritional health concerns
 - food craving management
 - safe caffeine and alcohol recommendations before, during, and after pregnancy
 - baby’s first foods: introducing solids to your infant
 - Vitamin D and your baby
 - **Six 45-minute nutrition appointments** to address any of the special topics listed above to help support a healthy pregnancy and early infant development.
 - **One Computerized Diet Analysis** of food intake record (3 days analyzed)
 - **Free Handouts and Healthy Recipes** with nutrient analysis to compliment each session’s topic
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Personalized Kitchen Nutrition Makeover: \$400 (includes HST)

Let the expert come to you to deliver a comprehensive nutrition program that addresses your specific needs in the privacy and comfort of your own home! Book a dietitian for a 4-hour visit to receive:

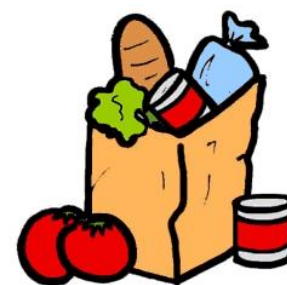
- a thorough health and nutritional assessment
- an individualized nutrition care plan
- a kitchen makeover to unclutter and purge your pantry, fridge, and freezer of the less healthy foods in your diet
- a private grocery store tour (location of your choice) to help you plan and stock the essential foods to healthy eating
- wrap up with some healthy food preparation time to set up a week's worth of nutritious meals and snacks



Perfect for families, couples, individuals, or groups of students living together, this fun and interactive session will teach you the basics to understanding how to read food labels and decipher mixed marking messages on food packaging. You will also learn the skill of effective meal planning while picking up lots of time-saving meal preparation tips along the way. To accompany your kitchen nutrition makeover, you will also receive numerous healthy recipes to taste-test with your family. Finally, the dietitian will help you to subtly re-arrange your eating environment to minimize mindless eating habits and place the best snacks within arm's reach to help manage your weight and increase your energy level. Week day and weekend visits available by appointment only.

Individualized 7-Day Meal Plan with Recipes & Grocery List: \$380 (includes HST)

Some people respond best when a clear, healthy eating plan is made available while they work towards modifying their eating patterns and behaviours to achieve their weight loss goals. To assist in the beginning stages of change, a Registered Dietitian can help kick-start your weight loss efforts by building a personalized 7-day meal plan, complete with a grocery list and all required recipes for the week. Our customized meal plans are always built around you and your individual needs. We do not sell generic meal plans or use a one-size-fits-all 'diet' that is often seen on the internet or in diet books.



Meal plan highlights include:

- 3 balanced meals + 2-3 healthy snacks/day outlined in an easy-to-follow format
- detailed nutritional analysis profile for each day
- foods and portion sizes balanced to match Health Canada's *Eating Well with Canada's Food Guide*
- careful consideration of your individual nutritional requirements, personal food preferences, allergies and intolerances, as well as your work and exercise schedule to ensure the meal plan is a good fit with your goals and lifestyle

7-Day Healthy Dinner Package with Recipes & Grocery List: \$100 (includes HST)

Need help getting quick, easy, and healthy meals on the table without wanting a full meal plan? Our 7-day Healthy Dinner Packages are also available for sale, providing a week's worth of healthy supper ideas that are pre-planned by the dietitian to offer you balanced nutrition while saving you time and energy. Each Healthy Dinner Package comes complete with a grocery list and all required recipes for the week.



Computerized Diet Analysis: [Included in all packages; extra analyses cost \\$60 \(includes HST\)](#)

Have you ever wondered if your diet provides all of the important nutrients necessary for good health? Or maybe you're curious to see how many calories you're actually eating per day. What about protein and carbohydrate, are you getting enough to optimize recovery time from exercise?



Using sophisticated nutrition software, have your diet analyzed to generate a Nutrient Intake Report that reveals your average daily intake of everything you eat and drink. Total calories, protein, carbohydrate, fat, saturated fat, trans fat, poly- and mono-unsaturated fat, cholesterol, water, fibre, caffeine, alcohol, and all vitamins and minerals will be analyzed based on your 3-day food intake record. Your Nutrient Intake Report will also be compared to the Recommended Daily Allowance (RDA) to determine if you are getting too much or too little of a particular nutrient based on your age, gender, activity level, and personal goals for weight maintenance, weight loss, or weight gain.

The results of your computerized Diet Analysis will be reviewed with the dietitian at your follow-up nutrition visit. Feedback will be provided to suggest dietary strategies to improve your nutritional profile, and specific foods and/or supplements will be recommended to help supply missing nutrients your diet may be lacking.

Recipe Analysis: [\\$10 \(includes HST\)](#)

Receive a detailed nutrition analysis for your favourite recipe(s). Analysis will provide information about: portion size, calories, total fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fibre, sugars, protein, vitamin A, vitamin C, calcium, and iron. Additional nutritional information can be provided if requested (i.e. omega-3, potassium, etc.).



Custom Package: [Price varies](#)

Don't see a nutrition package that quite fits your needs? Email the dietitian to find out more information about building a custom package to best serve you.

