

## AYB Nutrition Pricing 2019

All assessments and sessions are with a registered and licensed dietitian with a Master's Degree in Nutrition.

### Free Wellness Assessment

- 45 minute session
- Review of client questionnaire including health, nutrition, exercise and lifestyle
- 7 site skinfold body composition
- Lab assessment with any nutrition related bloodwork
- Readiness questionnaire
- Overall recommendation based on health risks and benefits presented during assessment

### Resting Metabolic Rate Testing

We recommend this be done along with the free wellness assessment prior to your Initial Nutrition Session. See our special package pricing!

Per Person: \$60

- 30 minute test done first thing in the morning
- Detailed, personalized handouts on your resting metabolic rate to take the guesswork out of meal planning and workout suggestions.

### WELLNESS NUTRITION SESSIONS

These sessions are scheduled after the free wellness assessment

#### Initial Nutrition Session *General Wellness*

Single: \$175

Couple: \$265 must reside together

FT Student: \$95

- 60 minute session
- Specific nutrition plan with amounts, types of foods, and timing
- Explanation and goals from 7 site skinfold body composition
- Achievable goals
- Science backed nutrition education to answer your questions about foods, supplements, diets, or anything else nutrition related
- 2 weeks unlimited messaging and food diaries with comments from your dietitian

#### Nutrition Follow-Up *General Wellness*

Single, Couple and FT Student: \$50

- 30 minute session
- Review of food diary and meal plan
- Recommendations
- Goal setting

### SPORTS NUTRITION SESSIONS

#### Initial Nutrition Session *Sports Specific*

Single: \$200

Couple: \$275 must reside together

FT Student: \$105

- 60 minute session
- Includes all of the benefits of a general wellness session in addition to sports specific recommendations
- Timing for optimal performance, before/during/after training or competition troubleshooting any issues you may be having (low energy, GI issues, decreasing performance)
- All sports nutrition sessions are given by a Board Certified Sports Dietitian or Registered Dietitian with an internship in sports nutrition.

#### Nutrition Follow-Up *Sports Specific*

Single, Couple and FT Student: \$60

- 30 minute session
- All of the benefits of the general wellness follow-up
- Race day planning
- Supplement advice
- Fine tuning the timing of nutrients and fluid for optimal performance.

#### Body Composition & Nutrition Maintenance

This is for both general wellness and sports specific follow-up.

Per Person: \$25

- 15 minute session
- 7 site skinfold test & answering nutrition questions
- Adjustments to your plan as needed, depending on how your body is responding



## **AYB Nutrition Pricing 2019**

### **MEAL PLANNING AND CHEF SERVICES**

#### **Meal Planning Initial Session**

Per Household: \$50

- 30 minute session
- We tell you what to eat, plan your meals, give you the recipes and a shopping list each week
- Registered Dietitian will get you set up in our meal planning software with a convenient app
- Bring your phone or computer so your dietitian can help you navigate the program

#### **Meal Planning/Prep *VIP Subscription***

Per Household: \$50 per month subscription

- Monthly access to recipes, & weekly meal plans from your dietitian
- Secure messaging with your dietitian
- Weekly food diary review from your dietitian, providing accountability

#### **Meal Planning/Prep *General Subscription***

Per Household: \$30 per month subscription

- Monthly access to recipes, meal plan, and food diary

#### **In Home Meal Preparation**

Per Household: \$40 per hour plus groceries

- Dietitian gives our chef your specific meal plan
- Chef meets with you and goes over any food avoidances, allergies, likes/dislikes
- Chef plans all meals, grocery shops, prepares meals in your home, portions them, and leaves them conveniently in your refrigerator for you to grab and go

### **NUTRITION CONSULTING**

Per half hour: \$50

- We are available to discuss any nutrition related topic with you at a consulting rate

### **GROUP NUTRITION**

#### **Nutrition Seminars**

Per Group: \$100

- 60 minute session
- Seminar on a topic of your choice for sports teams, lunch and learn events, retreats, groups of friends, health fairs, worksite wellness, or any other event or group

#### **Grocery Store Class**

Per Class: \$ price varies

- 120 minute session
- Takes place at a local grocery store
- Price varies with participant number and time
- Detailed handouts on healthy and practical shopping guidelines, label reading, best choices, produce selection, easy meal ideas, and healthy shopping list

### **PACKAGES**

#### **Nutrition Package *General Wellness* (5% discount)**

Single: \$270.75

Couple: \$413.25 must reside together

- Wellness Assessment
- Resting Metabolic Rate test
- Initial Nutrition Session General Wellness
- Nutrition Follow Up General Wellness

#### **Nutrition Package *Sports Specific* (5% discount)**

Single: \$304

Couple: \$432.25 must reside together

- Wellness Assessment
- Resting Metabolic Rate test
- Initial Nutrition Session Sports specific
- Nutrition Follow Up Sports specific

*Please see our fitness pricing for the AYB All Access Pass to fitness and nutrition!*