

FROM CROP PLANS
TO MEAL PLANS...

WE'LL TEACH YOU
HOW TO GROW
FOOD *and* EAT IT!



plantd.services@gmail.com
plan-td.com



USA +1 616-822-5583
Costa Rica +506 8627 8036



fb.me/plantdcharleston



@plan.td



@plan.td



Pricing Guide



STEP 2: Customized Nutrition Guide \$175 - \$250

As a Certified Nutritional Therapist, I will work with you to create a customized whole food and supplement guide that will be aimed to correct your nutritional deficiencies. You will receive a customized shopping list with daily or weekly intake requirements in order to meet your nutrition goals. From there, you can incorporate these foods and supplements into your daily diet in order to begin correcting your nutritional deficiencies and grow your health! \$175

If you feel as though you would like specific guidance on recipes and menus in order to deliciously and thoughtfully integrate these foods into your daily diet, you may have a customized meal plan tailored to your nutritional needs created for you. +\$75



STEP 1: Initial 60-minute Consultation \$85

Prior to our meeting, you will complete a nutrition and health questionnaire for review, assessment of which is included in the price of the consultation. This allows me to better comprehend your current health situation, eating habits, lifestyle and health record in order to make the best use of our 60-minute conversation.

During the consultation, we will review your questionnaire and discuss notable trends and potential nutrient deficiencies to empower you with knowledge as to how these can be corrected,

If you decide to participate in the 3-Part Plan, 25% of the cost of your initial consultation will be applied to your total cost.



STEP 3: Follow-Up Consultation \$65

As you may know, without any form of accountability it is easy to stray from a plan of action, especially if it is a new habit or lifestyle that you are working to establish!

I find that when Plan'td clients actively participate and anticipate follow-up consultations and check-ins, they stick to their Nutrition Guide and have impactful results.

One 30-minute follow-up consultation is required as part of the 3-Part Plan to ensure your satisfaction and improve clarity on how you can improve your health by correcting your individual nutritional deficiencies. \$65

Additional check-ins are \$50 per 30-minute session and \$90 per 60-minute session,