

SERVICE DESCRIPTIONS

ONE-ON-ONE NUTRITION COUNSELING

Are you tired of making the same goals over and over again? I can help you find lasting nutrition solutions that are tailored to your lifestyle and help improve your relationship with food, so you can put your energy into living a better life. While I do not prescribe diets and use a non-weight focused approach, I will help you make small sustainable changes that make a difference today and lead to long-term success. I provide medical nutrition therapy (MNT) for chronic diseases such as diabetes, cardiovascular disease, obesity, and food intolerances; as well as counseling for general health and well-being. I provide nutrition counseling from my office in Harvard Square in Cambridge, as well as over the phone.

Group Nutrition Counseling

I currently provide a 5 week “HealthierYou” nutrition course in a group setting. The course covers many topics, including: goal setting, breaking bad habit cycles, physical vs. emotional hunger and how to feed both, eating smart on the go, fueling your workouts, learning how to eat more food for fewer calories, and much more! This course can be provided for friends and family at your home (in Cambridge/Boston) or at my office.

Please see my services for speaking and culinary corner for additional group offerings.

Speaking

As a registered dietitian and certified personal trainer, I have a passion for speaking on a wide variety of nutrition, fitness, health, and wellness topics. So whether you are looking for a speaker at work, for your church group, or family and friends, I can tailor my message to meet your needs. Check my website for a current listing of presentations or send me a request for something that isn't listed.

Culinary Corner

My food philosophy is simple: Food should be fresh, easy to prepare, and taste good! But the truth is that for most people, menu planning and meal preparation is a source of stress and frustration. Below are the culinary programs I offer:

- ◆ **Grocery Store Tours-** We'll navigate the aisles as I show you how to spot the best nutrition bargains, the pitfalls of clever marketing and advertising, and how to put together quick meals with a few ingredients. You'll receive a meal planning packet, education materials for the grocery shopping tours, and a handful of delicious recipes to get you started.
- ◆ **Cooking Demo-** Bring the fun and learning of a food show...home! I can teach you and your co-workers, friends, or family how to prepare a simple yet nutritious meal while teaching you basic culinary skills. We can create a menu together or I can provide you with a list of options. You'll receive a packet of information on basic culinary techniques, how to select the best cooking utensils, using herbs and spices, as well as the recipes we make together.
- ◆ **Kitchen Cleanse-** Cooking in a cluttered kitchen doesn't work! I can reorganize your kitchen, create an easier to manage space, and help you stock your kitchen with the necessary utensils and ingredients to make nutritious cooking much easier. I'll also cleanse your pantry and suggest more nutritious substitutions for healthy cooking. The kitchen cleanse happens in two phases:
 1. Initial consultation: home visit to assess space, kitchen and ingredient needs. I'll use this assessment to provide you with a list of things you'll need to invest in to improve your space. You'll receive handouts on all of the information I provide.
 2. Follow-up consultation: I'll assist you in organizing your space, making sure your kitchen is cleansed and ready for cooking!
- ◆ **Dinner with a Dietitian-** This is a handful of services all rolled in to one. We'll start at the grocery store for a 60 minute food tour, head to your place while I teach you some culinary basics and the tricks to creating a delicious yet simple meal, and finally we'll sit down to eat what we've created. I'll give a short nutrition lecture relating to the ingredients we used to make our meal. You'll receive a packet of information for the tour, culinary basics, and recipes for the food we've made.

PRICING MENU

One-On-One Nutrition Counseling

Initial Visit (75 minutes) \$125

Follow-up Visit (45 minutes) \$85

Follow-up Visit (25 minutes) \$55

Nutrition Analysis Package \$295

- ◆ 3 Day Food Log Analysis using BalanceLog Nutrition Software
- ◆ Initial Visit with detailed recommendations based on results of analysis (75 min.)
- ◆ Follow-up visit (45 minutes)

Package Pricing

- ◆ 1 Initial Visit, 5 Follow-up Visits (45 minutes) \$500
- ◆ 1 Initial Visit, 5 Follow-up Visits (25 minutes) \$375

Group Nutrition Counseling

5 Week “HealthierYou” Nutrition Course- price depends on group size and location

Speaking

Price varies depending on topic, group size, and location of event.

Culinary Corner

90 Minute Grocery Store Tour- \$195

Cooking Demo- price varies depending on menu, group size, and location

Kitchen Cleanse- price varies depending on time required and location

Dinner with a Dietitian- price varies depending on menu, group size, and location