



Precision Rx

METABOLIC HEALTH & HUMAN PERFORMANCE LAB

DIETICIAN PACKAGES

	Per Session	Price
<i>1 Pack Private (1 Session)</i>	<i>\$149</i>	<i>\$149</i>
<i>1 Pack Semi-Private (1 Session)</i>	<i>\$99.50/person (up to 2 members)</i>	<i>\$199/person (up to 2 non-members)</i>
<i>Quick Start Pack (4 Sessions)</i>	<i>\$75</i>	<i>\$299</i>
<i>Wellness Pack (10 Sessions)</i>	<i>\$60</i>	<i>\$599</i>
<i>5 by 5 Dietary and Personal Training (10 Sessions)</i>	<i>\$60</i>	<i>\$599</i>
<i>Food Log Review (1 Session)</i>	<i>\$30</i>	<i>\$30</i>

Dietitian Packages

1 Pack Private (1 session)

This single session we will dive deep into all that is YOU with your health and nutrition. This is an assessment of your current nutrition and health status along with professional guidance on the best path to seeing success with your goals.

- 1 hour session devoted to discussing your current goals and struggles with nutrition along with what strategy will be best to transform your health
- Complete nutrition guide including grocery list, meal ideas, and nutrition basics
- Professional recommendations including calorie/macronutrient goals and best "next steps"

\$149

Semi-Private Package (1 session, up to 2 people)

Leading a healthy lifestyle with a partner can be challenging, but after this single session you will have full confidence in your current nutrition/health status and how to best support your partner in achieving your health goals together.

With this package you will both receive:

- 1 hour session devoted to discussing your current goals and struggles with nutrition along with what strategy will be best to transform your health
- Complete nutrition guide including grocery list, meal ideas, and nutrition basics
- Professional recommendations including calorie/macronutrient goals and best "next steps"

\$199 (\$99.50 per
person)



Dietitian Packages

Quick Start Pack (4 session)

If you're someone who keeps finding themselves saying "I feel like I am working so hard but I'm not seeing progress", then this is for you. This package is perfect if you have struggled to find the right nutrition strategy for yourself that actually produced lasting results.

It includes

- Complete nutrition guide including grocery list, meal ideas, and nutrition basics
- Personalized nutrition guides/recipes as needed throughout
- Professional recommendations including calorie/macronutrient goals and best "next steps"

\$299 (\$75 per session)

Wellness Pack (10 sessions)

This is where the full transformation happens. If you are tired of facing the mirror disappointed, feeling concerned with your lab values from doctor's visits, managing your chronic disease, or want to finally figure out how to look good and still enjoy fun foods out, this is for you.

This package includes:

- Complete nutrition guide including grocery list, meal ideas, and nutrition basics
- Personalized nutrition guides/recipes as needed throughout
- Professional recommendations including calorie/macronutrient goals, best "next steps" after each session etc.
- On-demand access to dietitian in between sessions for accountability
- Full health/nutrition roadmap including how to fulfill plan for life.

\$599 (\$60 per session)



Dietitian Packages

5-by-5 Dietary and Personal Training

Blending nutrition and fitness seamlessly, this package is designed to help you accelerate progress and reach your goals both in the gym and the kitchen.

This package includes:

- Customized workout plan
- Complete nutrition guide including grocery list, meal ideas, and nutrition basics
- Personalized nutrition guides/recipes as needed throughout
- Professional recommendations including calorie/macronutrient goals, best "next steps" after each session etc.
- Special focus on pre and post workout nutrition protocols

\$599 (\$60 per session)

Food Log Review (1 session; 30 minutes)

Perfect for someone already on track with healthy eating and seeing results, this session is a simple "audit" with your nutrition habits to help you continue in the right direction. Note that you must already be tracking food and have at least week's worth of data to book this session.

This session includes

- Review of your current food journal/entries on a tracking app.
- Comprehensive review of your current nutrition status and how you are responding to your diet
- Professional recommendations on nutrition quality, quantity, and how you are responding to your diet.

\$30 (\$30 per session)