



Nourished Well, LLC



Price list

NUTRITION SERVICES

INITIAL CONSULT (60-90 MINS)	150
FOLLOW-UP (30-60 MINS)	95
SEASON PACKAGE (4 SESSIONS)	400
MEMBERSHIP (3 OR 6 MONTHS)	249/mo
PUBLIC SPEAKING	varies

Season packages are a cost-effective choice for an athlete looking for ongoing support in preparation for a race or improving performance throughout a season. The bundle provides a \$35 savings and sessions can be used at the athlete's discretion.

Memberships are ideal for those working through long-term lifestyle changes and desiring more consistent support. This price includes an initial session and weekly mini sessions for the duration of the membership as well as provision of additional resources (\$80+ savings/mo).

I do not currently accept insurance, but I can provide a superbill for you to submit to insurance for potential reimbursement

717-601-2968 | nourishedwell-llc.com

