



Individual consultations include a nutrition assessment and body composition analysis as well as the following advice:

- Meal Plans
- Menu Planning
- Recipe Ideas and Healthy Modifications
- Shopping Guides and Tours
- Motivational Interviewing
- Managing Food Cravings



Cost

\$90 initial consultation

(45-60 minutes)

70 review/follow up consultation

(30 minutes)

20 weigh-in and measurement

(10 minute consultation)

Bulk billing available for individuals under Medicare Chronic Disease Management Plans and DVA clients. All doctor and self-referrals accepted and encouraged.



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