



2024 SERVICES & RATES
private pay

Individual Nutrition Session Costs		
Initial Session	75-90 minutes	\$250
Follow-up Sessions	60 minutes	\$100
	30-minute check in	\$50

Nutrition Packages*		
Kickstarter – 1 month (3 sessions)	1 Initial Session + 2, 60 Minute Follow-up Sessions	\$375 (\$75 savings)
Reboot – 3 months (6 sessions)	1 Initial Session + 5, 60 Minute Follow-up Sessions every other week	\$600 (\$150 savings)
Life Changer – 6 months (12 sessions)	1 Initial Session + 11, 60 Minute Follow-up Sessions every other week	\$1150 (\$200 savings)

** Payment can be made online with a credit card or debit card. Packages must be used within 12 months of purchase date. Installments for packages accepted.*

Health Education Services		
Wellness Review A review of your medical conditions, lifestyle, family medical history, and/or labs. Guide you about prevention, health monitoring and questions to ask your doctor or healthcare provider to live your healthiest life.	60 minutes	\$200 stand-alone
Detailed Health Education Review your medical history, symptoms, tests, health conditions, and lifestyle. Provide health education specific to your needs.	75-90 minutes Great for Celiac Disease, Diabetes, Pre-diabetes, Food Allergy, Lyme Disease, Mold Illness, Thyroid Disorders like Hashimoto's, PCOS & More!	\$250 stand-alone

Payment Methods: Cash, Check (\$50 returned check fee), American Express, Discover, MasterCard, Visa, and PayPal accepted for payment. Payment is due at time of service. 24-hour cancellation policy or billed at service rate.

FOR OTHER CONSULTING SERVICES & RATES PLEASE CONTACT US!

Lori Enriquez, MPH, RDN, LDN, CHES, FAND – Registered Dietitian & Health Educator
 ph 610.476.8877 | fax 1.888.979.9268 | lori@eatfithealth.com | www.eatfithealth.com