

"Nourishing your body, balancing your health, and guiding you with evidence-based care through every step of your journey to motherhood."



SERVICES & INVESTMENT GUIDE

SINGLE CONSULTATION \$210 Evaluation & strategy	FERTILITY PREP \$590 Initial Consultation - Follow Up consultations+guides	 FULL PREGNANCY \$690 Full journey (Initial Consultation+ 5 Follow up sessions)	POSTPARTUM & BABY \$590 Initial Consultation + 4 Follow up sessions	HORMONAL HEALTH \$460 Initial Consultation+ 3 Follow up Sessions
---	--	---	---	--

* Additional individual follow-up consultations available for existing clients at \$180 per session.

Motherhood & Pre-Conception Programs

Fertility Foundations – Pre-Conception Program

\$590

"Nourish your body before pregnancy begins."

DURATION: 12 Weeks • SESSIONS: 4 Total (Initial Consultation + 3 Follow-ups approx. every 3 weeks)

DESIGNED FOR ASPIRING MOTHERS

Specifically created for women planning to conceive in the next few months, currently trying to become pregnant, or looking to optimize reproductive health, egg quality, menstrual cycles, and body readiness prior to pregnancy.

INITIAL DEEP-DIVE EVALUATION

- Comprehensive reproductive & cycle history
- Macronutrient balance & diet quality audit
- GI health, inflammation & nutrient absorption
- Lifestyle audit: Stress, sleep, caffeine & alcohol
- Targeted review of pre-conception labs & supplements

FOLLOW-UP SESSIONS & PROGRESS

- Step-by-step implementation & habit consistency
- Symptom tracking & meal structure adjustments
- Continuous optimization for conception readiness



EXCLUSIVE MOTHERHOOD RESOURCES INCLUDED:

Preconception Nutrition Guide • Fertility-Friendly Meal Ideas • Caffeine & Alcohol Guide • Supplement Review Summary • Lifestyle Checklist • Nutrition Goals Dashboard

Complete Pregnancy Journey

"Personalized nutrition support from current trimester through delivery."

\$690



DURATION: From Enrollment Through Delivery • **SESSIONS:** 6 Total (Initial Consultation + 5 Follow-ups)

CONTINUOUS CARE THROUGHOUT GESTATION

Designed for expectant mothers seeking constant guidance tailored to each trimester's changing needs (whether starting at week 8, 16, 21, or 26). **Flexibility Guarantee: Any unused sessions prior to delivery naturally convert into Early Postpartum Check-Ins.*

- **Initial Assessment:** Gestational age, weight progression targets, symptom management (nausea, reflux, constipation), prenatal vitamin review, lab review, and routine.
- **Trimester-by-Trimester Care:** Food tolerance strategies, baby growth nourishment, meal planning, blood sugar stability, hydration, and exercise guidelines approved by your medical team.



INCLUDED PREGNANCY TOOLKITS:

Pregnancy Nutrition Guide • Trimester Checklist • High-Protein Foods Guide • Pregnancy Snack Guide • Safe Food Guide • Prenatal Supplement Review • Exercise Guidelines

Postpartum & Baby Beginnings

"Nourish your recovery. Prepare confidently for your baby's next stage."

\$590

DURATION: Up to ~6 Months • **SESSIONS:** 5 Total (Initial Consultation + 4 Follow-ups)

MATERNAL RECOVERY

Extended duration intentionally designed to support your body's healing, energy, and nutrient replenishment while guiding you into your baby's complete feeding stage.

- **Maternal Healing:** Nutrient replenishment, energy demands, hydration, appetite management, and metabolic health without restrictive diets.
- **Infant Feeding Support:** Tailored nutritional guidance for breastfeeding mothers, formula-feeding support, and step-by-step preparation for starting baby solids.

Targeted & Individualized Consultations

Individual Nutrition Consultation

"Clarity, direction & personalized strategy."

\$210

• Deep Evaluation Session

Ideal for individuals seeking a professional evaluation for a specific concern without committing to a full multi-week program.

- Complete dietary & symptom audit
- Personalized strategy & initial goals
- Supplement education (if applicable)

** Does not include follow-up sessions or ongoing monitoring.*

Hormonal & Metabolic Wellness

"Evidence-based hormonal optimization."

\$460

12 Weeks • 4 Sessions)

For women and men aiming to optimize metabolic health,

- Women: Energy, Menstrual cycle, Metabolic health, lifestyle audit, perimenopause, menopause.
- Men: Energy, Male fertility, metabolic & cardio health, lifestyle audit.
- Prescription of Nutrition-focused lab analysis if necessary.

Practice Guidelines & Policies

CANCELLATION & ATTENDANCE

Notice: 24 hours minimum notice required to reschedule.

No-Show: Appointments missed without 24h notice will be counted as used.

BETWEEN-SESSION SUPPORT

Brief recommendation questions via messaging are answered within **1-2 business days**. *(Does not include daily coaching).*

PROGRAM COMPLETION WINDOWS

- **Fertility & Hormonal:** Complete within 16 weeks.
- **Pregnancy:** Active through delivery (unused sessions valid up to 6 wks postpartum).
- **Postpartum:** Complete within 8 months.

LABS & SUPPLEMENT EDUCATION

Labs and supplements are evaluated strictly from a nutritional perspective within professional scope. Medical diagnoses remain with your physician.

Professional Scope & Medical Disclaimer: Nutrition services are educational and supportive. They do not replace medical diagnosis, obstetric care, pediatric care, or emergency medical treatment. Urgent or emergency concerns must be directed to your primary medical doctor or emergency services immediately.