



Nutrition Coaching Services & Cost

Services:

- Initial Consultation
- Initial Body Fat Scan using InBody Machine at Salvation Nutrition
- Custom Food Plan Based on Macronutrients Set for You
 - Adjustments of Macros as Needed
- In Person Check-In's Every 2 Weeks Including Body Fat Scan at Salvation Nutrition
 - For the First Month Check-In's are Every Week
 - Other Check-In's Periodically as Needed
- Education on How to Track Macros Using My Fitness Pal
- Education on General Nutrition Based on Your Needs
- Maintenance Food Plan When Body Fat Goal is Met
- Recipe Packs: High Protein Recipes, Low Carb Recipes, Smoothie Recipes, 5-Ingredient Recipes, Gluten Free Recipes, Vegetarian Recipes
- 25% Off Meal Prep Meals with Coupon Code – Order Online at SM-Nutrition.com
- Recommendations for Fitness & Movement
- 2 Free Sessions at Lagree Plus

Cost:

- \$125 per Month

Add-On Services:

- Grocery Shopping Trips
 - Includes a 30-minute session at the grocery store where I provide education on how to read food labels and how to select the right combination of food to meet your target macros

Cost:

- \$25 per Session

Contact Information:

- Shannon Miller, CFNC
- Call/Text (541) 972-5116