

Sue Lomelo,RDN

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NUTRITIONAL COUNSELING

INITIAL ASSESSMENT:

60-90 MIN SESSION - \$125

A Full Assessment of your current nutritional status will be conducted by discussing diet and medical history, food patterns and behaviors, physical fitness and a review of your 3 day food log. We will discuss your health goals and develop strategies to help you reach them! Nutritional information will be shared along with healthful tips and recipe ideas!

3 session package:

**Includes initial assessment and two 30 min follow up appointments:
\$205**

After the full assessment appointment, we will meet for 2 follow up appointments to assess your progress, discuss frustrations or problems you face, develop new strategies and continue to work on realistic goals. We will make sure you are set up for success and feel in control of your eating plan!

6 session package:

**Includes initial assessment and five 30 min follow up appointments:
\$315**

After the full assessment appointment, we will meet for 5 follow up appointments. More intensive nutritional counseling will be conducted for those who need help developing a more positive mindset towards food. Realistic goal setting, healthful tips and strategies will be discussed. Progress will be assessed throughout the sessions with changes made when necessary. Cooking tips, recipes, eating out and grocery store lessons will be provided. Upon completion of the 6 sessions, you will have a positive action plan for healthy eating, feel in better control of your eating behaviors, and will have gained more nutritional knowledge so that you can have continued success!

Single Appointments:

30 minute follow up - \$45

3 pack of 30 min follow ups - \$125

All packages and follow ups include assistance via email between sessions. Please do not hesitate to contact me with any questions anytime!

