

NUTRITION COUNSELING PACKAGES

Work with Callie Exas MPH, MS, RDN – Women's Health Nutrition expert to balance your body for empowered health & wellbeing.

ALL PACKAGES INCLUDE:

- 1 complimentary explore call
 - 1 initial deep dive session
 - Bi-weekly follow up sessions via virtual chat or in-person
 - Ongoing email and text support between sessions
 - Dedicated folder of customized resources
 - Individualized meal plan/prep strategizing
 - Custom supplement protocol
 - Dining out/menu recommendations
 - Individualized fitness guidance
- *inquire for customized packages

NUTRITION SIMPLIFIED

Focuses on instilling simplified, mindful nutrition & lifestyle practices for healthy food relationships, better energy and weight management.

Includes:

- 4 follow up sessions
- Intuitive Eating Workbook
- Customized fitness plan

\$700

HORMONAL BALANCE

A more targeted approach for hormonal balance, stress management, weight loss, insulin resistance, IBS and stress management.

Includes:

- 6 follow up sessions
- DUTCH test or GI Mapping + review
- Customized fitness plan

\$950

GUT & HORMONE HEALTH

A deep dive into nutrition care and lifestyle management for chronic hormonal imbalances, inflammation, and gut health issues.

Includes:

- 8 follow up sessions
- DUTCH test + review
- GI Mapping + review
- Customized fitness plan

\$1200

A LA CARTE SERVICES

- Personal training
- Customized fitness plan
- Meal prep/cooking lessons
- Grocery tour
- Lab work review & analysis
- DUTCH test
- GI mapping

*inquire for pricing details

PAYMENT OPTIONS:

- Accepting all major credit cards, cash, check
- Monthly payment plans available with NO interest
- HSA/FSA cards accepted
- Superbills given for insurance reimbursement