

Nutrition and Wellness Coaching
with Alyssa Zimmerman RN, BSN, MS
Nurse + Nutritionist



Services:

1-hour initial consult: \$75

What to expect: Come to session with nutrition questionnaire filled out! We will discuss your current eating habits and lifestyle, any health issues or concerns, and your nutrition goals.

30- minute follow up sessions: \$30

What to expect: Available as an option after your initial consult. More specific in nature, your most pressing concerns or road blocks, detailed discussion of food journal!

Grocery Store Tour: \$100/1.5 hours

What to expect: Meet at your local grocery store of choice. Learn how to navigate the aisles, shop efficiently, interpret food labels, maximize bulk ingredients + staple items, and shop seasonally. Includes hand outs on grocery list organization + meal planning tips!

In-home cooking lessons: \$100 per hour

What to expect: Learn the basics of cooking with more fresh veggies and fruits, intro to batch cooking and meal prep, plant-based methods made easy, etc. We can customize to your needs + I bring the ingredients! Also includes hand outs and meal planning organization ideas (recommended 2-hour minimum)

Kitchen Refresh: \$75/1 hour

What to expect: Together, we will rid your pantry and fridge of any junk that may be preventing you from a healthy lifestyle, also includes hand outs on kitchen organization, grocery list organization and meal planning!

Complete Nutrition Kick Start: \$150

Includes 1-hour initial consult, two 30 minute follow up sessions, plus your choice of: grocery store tour, cooking lesson, or kitchen refresh. Value: \$235! Add an additional service for \$50 with this package as well.

Community Outreach:

Free Cooking Demonstrations & Presentations:

Follow along my blog + social media accounts to find my schedule of events. Usually monthly at health stores and other community events.

Customized Meal Planning services also available on request.