

Fit2Be Nutrition Programs

Change Your Life Program (1 ½- Hour Consultation)

- Demonstrate how to read food labels
- 5 Day Meal Plan (to get you started)
- One designed exercise workout
- Fitness Assessment (Measurements, Fitness Test, etc..)
- How to use a food & workout journal
- Free one-week trial of the Fit2Be electronic food journal

Price: \$215.00

Revamp Your Kitchen Program (2-Hour Consultation)

- How to Read Food Labels
- Food cabinet overview
- How to create a healthy grocery List on a budget/grocery store trip
- How to use a food journal
- Free one-week trial of the Fit2Be electronic food journal

Price: \$ 275.00

How To Cook On a Budget (2-Hour Consultation)

A Nutritionist/Chef will demonstrate how to cook healthy meals for yourself and/or your family at your residence or workplace.

- 3 Visits (Must be within the same month)

Price: \$365.00

Individual Options

Meal Plans: (4, 8, 12 Weeks):\$90-\$175

Fit2Be Electronic Food Journal: \$12.95 a month

Nutrition Coaching: 30-Minutes: \$65 per session 1-Hour: \$85 per session

Life Coaching: Call for Prices

703.226.9234

