



## Nutrition Counseling

### **3 Day Food Analysis: \$40**

Is your diet really on track? A computerized analysis will provide detailed information on the nutritional content of your diet, the nutrients in excess, and those that are deficient.

*An individualized meal plan can be added to this service for an additional \$25*

### **One-on-One Nutrition Counseling (60 minutes): \$95**

A full assessment will be taken of your health goals, medical history, current eating habits, supplement/medication use, and activity level. From this assessment, we will develop an individualized nutrition plan specific for your lifestyle and nutrition goals.

### **Follow-Up Counseling (30 minutes): \$50**

An assessment of progress and appropriate revisions to your nutrition plan to ensure continued success.

### **Extended Nutrition Program: \$195**

- Initial session
- 3 day computerized food intake analysis and individualized nutrition plan based on results and goals
- 2<sup>nd</sup> week follow up session (30 minutes)
- 4<sup>th</sup> week follow up session

### **Meet our Registered Dietician:**

Julie Tucci, MS, RD, LDN is a Registered Dietitian focused on helping clients reach their wellness and nutritional goals in both individual and group settings. Julie received a Bachelor's Degree in Business Management with a focus in Exercise Science from UMASS, Amherst. During the time she worked as an ACE certified personal trainer, Julie earned a MS in Food and Nutrition from Framingham State College. She currently specializes in adult and pediatric wellness, teaching her clients how to eat right in order to feel and perform their best.

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Please note: Online Services and in-home sessions can be done if these types of programs work best for your lifestyle. Group and family sessions are also available. Many insurance companies cover Nutrition Counseling. Julie will be able to provide you with appropriate documentation for reimbursement.