



NATASHA ASSELSTINE
HOLISTIC NUTRITION

NUTRITIONAL CONSULTATIONS - FEE SCHEDULE 2018

****Note: The following services are not currently subsidized by B.C. Medical Services Plan (MSP). Some private insurance companies (extended health insurance coverage) may cover nutritional counseling, such as Manulife, Green Shield Canada and Desjardins. Please contact your individual provider to confirm what is covered.*

Initial consultation [75 minutes]: \$125

What this includes:

- an in-depth assessment of your individual lifestyle and nutritional profile
- education on how dietary and lifestyle choices impact the body
- tips on how to implement and maintain a health-supportive diet
- a nutritional and lifestyle plan specific to your health goals and personalized to your tastes and lifestyle preferences
- recipes, educational guides and other resources to support your nutritional goals

Follow-up consultation [30 minutes]: \$65

Brief [15 minutes]: \$40

What this includes:

- a review of your progress and nutritional goals
- addressing any concerns or setbacks, and fine-tuning your plan as desired
- taking your plan to the next level, adding further recommendations and action steps
- providing more educational guides, recipes and resources as needed

Initial Personalized Meal Plan Package: \$200

What this includes:

- a personalized list of foods and meals that match your tastes and support your nutritional goals
- a 7 day menu plan with options to switch out meals
- meal suggestions for when you're on the road
- easy to follow recipes, and a grocery list to make shopping a breeze

Initial Personalized Holistic Meal Plan Package: \$250

What this includes:

- the *Initial Personalized Meal Plan Package* plus scheduled lifestyle recommendations (such as exercise, personal care, stress management, organizational tips) that support you to incorporate wellness habits into your day to day life

Follow-up meal plans: **\$75/each**

What this includes:

- fine-tuning of the initial package as your nutritional goals change or progress
- added recipes, meal ideas and a new 7 day menu

Grocery store tour [75 minutes]: **\$150**

[plus \$25 for each additional 15 minutes]

Learn how to:

- shop for certified organic and non-GMO foods
- identify processed and refined foods, and preservatives and additives
- select foods that support your nutritional goals, and which foods to avoid
- read food labels and compare different brands
- identify different names for sugar and MSG
- eat healthy and delicious on a budget
- select healthful alternatives to “non-foods” and receive other tips for a nutritious diet

You will also receive a grocery list and several educational handouts to take home.

At home visit [2 hours]: **\$200**

[plus \$25 for each additional 15 minutes]

Learn how to:

- identify the toxins in your kitchen – in your cupboards, fridge and pantry
- identify toxins in the rest of your home environment and how to avoid them
- stock a kitchen with non-toxic cooking utensils and storage containers
- prepare every day foods and condiments that can be easily stored for ongoing use
- set up your kitchen for a whole foods or specialty diet
- stock your fridge and pantry with essential food staples

You will also receive tools and tips for meal planning, saving time and staying organized, and have several educational handouts to keep on hand.

Grocery store tour + At home visit: **\$325**

Payment for all Health Services and prescribed supplements are due in full when the service is rendered, by cash, debit, VISA, MasterCard or AMEX. Any prescribed supplements are not included in the above fees

Cancellation of services without 24 hour notice will be subject to a 50% of service fee representing time set aside for the visit. Less than 4 hours notice or No shows will result in a 100% cost of the missed session.

I have read, fully understand and agree to honour the fee schedule listed above:

Date: _____ Signature: _____