

# Nutritional Consultations

Meet with **Brian St. Pierre, BS, CISSN**



## Basic Nutrition Consultation



- **3-Day Food Log**
  - Record everything you eat & drink for 3-days as thoroughly as possible

- **Nutrition Tips & Guidelines Packet**

- 10 Rules of Successful Nutrition
- Meal Preparation Tips
- Proper Food Choices
- Meal & Snack Ideas

- **Super-Snack Smoothie Recipes**

- **30-Minute Private Nutrition Consultation with Brian**

- Analysis & Discussion of 3-Day Food Log
- Identify nutritional do's & don'ts, and outline steps to improve nutritional intake
- Comprehensive Q&A – Nutrition Packet, Food Log, supplements, any particular concerns

**\$45<sup>.00</sup>**

## Expanded Nutrition Consultation

- **Comprehensive Nutrition Questionnaire**

- Record relevant nutrition information: food allergies, intolerances, likes & dislikes, etc.

- **3-Day Food Logs**

- Record everything you eat & drink for 3-days as thoroughly as possible, three times

- **Nutrition Tips & Guidelines Packet**

- 10 Rules of Successful Nutrition
- Meal Preparation Tips
- Proper Food Choices
- Meal & Snack Ideas

- **Super-Snack Smoothie Recipes**

- **Grocery List of Superfoods**

- **Weekly Meal Planner**

- **One 30-Minute & Two 15-Minute Private Nutrition Consultations with Brian**

- Review & Discuss Comprehensive Nutrition Questionnaire
- Analysis & Discussion of 3-Day Food Logs
- Identify nutritional do's & don'ts, and outline steps to improve nutritional intake
- Create incremental and progressive improvements to nutritional intake
- Comprehensive Q&A – Nutrition Packet, Food Log, supplements, any particular concerns

**\$99<sup>.00</sup>**

