



Services Menu

NUTRITION CONSULTING

Nutrition guidance tailored to meet your health goals. A food-as-medicine approach to keep the body's systems in balance. Personalized nutrition evaluates diet along with other influential non-food factors such as physical activity, timing of meals, sleep, and stress. Client-centered one-on-one consultations to develop and support a holistic care plan.

Substantial and sustainable change doesn't happen overnight and requires focused strategies and compassionate support. Wellness packages are health investments designed to offer value, support your wellness journey, and promote success.

SINGLETON SERVICES

Initial Wellness Consultation (90 minutes) \$235
Follow-up Wellness Session (60 minutes) \$125
Follow-up Check-in Session (30 minutes) \$75
Culinary Coaching (60 minutes) \$125*

**Initial Wellness Consultation not required*

WELLNESS STARTER PACKAGE

Just starting the journey

- (1) Initial Wellness Consultation (90 minutes)
- (1) Wellness Follow-up Session (60 minutes)
- (2) Wellness Follow-up Sessions (30 minutes)

*Investment \$435
(Savings \$75)*

WELLNESS WALK PACKAGE

Continuing the journey

- (4) Wellness Follow-up Sessions
4 x 60 minutes
- (4) Wellness Follow-up Sessions
4 x 30 minutes

*Investment \$450
(Savings \$50)*

*Investment \$250
(Savings \$50)*

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