

2009

Nutrition Counseling: 2009 Price List



TAB Massage and Fitness, LLC

5/5/2009



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Nutritional Counseling Price Sheet

Consultation: (This includes evaluation of intake form, assessing goals, establishing body fat, taking measurements, etc.)

- In person: very basic consult going over the major nutrition points ~ 30 minutes: **\$45.00 USD**
- In person: detailed consult breaking down the major nutrition points ~ 1 hour: **\$70.00 USD**
- Instant Messenger Consultation: providing answers to questions regarding nutrition ~ 30 minute: **\$30.00 USD**

Grocery Shopping Tutoring: 30 minutes max. I will take you down your local grocer's aisles and teach you what foods to buy, how to read the nutrition label and what foods to stay away from. (\$.35 per mile surcharge if outside the 10-mile radius of Howell)

- 30 minute Tutorial: **\$40.00 USD**
- 60 minute Tutorial: **\$70.00 USD**

Guidelines: My written suggestions on what to change to your current diet, a food-shopping list, a basic Do-It-Yourself type of plan. Includes a Free 30 minute initial Consult. I ask that you supply 1-weeks worth of current nutrition/diet in a journal prior to meeting.

- Pictures and measurements to be taken during 30-min consult.
- Overall guideline to enhance your current nutrition program, grocery and supplement list provided. No time limit: **\$70.00 USD**



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8-week Diet Plan: This eight(8) week nutrition program is updated weekly per results of “check-in”: Daily Macronutrient (Carbohydrates, Proteins, Fats) targets with specific info for what to have around your workouts (which will/may vary daily). If we are doing a training program with this, it will directly relate to your workout program based on your goals.

The program also includes eight(8) Weekly weigh-ins (you will perform this at home, same day each week. Works best in the morning after all fluids and waste have been eliminated and before food) where you email me your weight.

This also includes two(2) measurement check-ins at week four(4) and week eight(8): If you are in the Howell Area then we can arrange to meet at TAB Massage and Fitness’s office or other specified destination. If you are an on-line client, I will provide you with information to teach you how to do your own measurements or to have a professional near you perform them. With these measurements, we will then monitor your body fat and lean mass levels and change macros accordingly. Supplement advice and a shopping list is provided also

- 8-week diet including weekly check-ins: **\$130.00 USD****

****Note:** If you decide to continue for another 8 weeks after the initial program, it will only be \$12/week for 8 weeks. Initial programs are more because of the amount of information I am giving you. After the initial program, I shouldn’t need to give you all that same info again!! By then it should be habit and routine.



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Advanced 8 Week Diet Plan: Same as above but tailored toward athletes or individuals looking to push themselves to new heights (performance nutrition). With this program, TAB Massage and Fitness will take you into further detail about proper pre-training workout and post-training workout nutrition. TAB will also give you in depth supplement advice to help enhance your gains and achieve your wanted goals. Check-ins will be bumped up to weeks 2, 4, 6, and 8 to help monitor weight and body fat more closely.

The advanced nutrition program will be very intense and accurately scaled to meet your needs for what your goals are. Diverting from the programs suggested caloric intake will result in failed results.

- 8-week advanced diet including weekly check-ins: **\$180.00 USD**
- For Optimum Results, nutrition programs are best paired with a Fitness Coaching Program**. Please note that these Nutrition programs DO NOT INCLUDE a Fitness Coaching Program.

****Fitness Coaching Programs:** per client basis, TBD

Payments are made to T.A.B. Massage & Fitness, LLC. Cash, Check, Visa, MC, Disc. Or Amex. A deposit of 50% is to be made before any nutritional guidelines are written. Other 50% is due at the time of receipt of program

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