



The Starting Line Plan Options	Simple 4 Week Plan	Premium 6 Week Plan	Premium 3 Month Plan
Two one-on-one visits: <ul style="list-style-type: none"> One 60-minute initial visit One 30-minute follow up visit <i>(follow up visit must be used within 4 weeks of your initial visit)</i> 	✓	✗	✗
Three one-on-one visits: <ul style="list-style-type: none"> One 60-minute initial visit Two 45 minute follow up visits <i>(follow up visits must be used within 6 weeks of your initial visit)</i> 	✗	✓	✗
Six one-on-one visits: <ul style="list-style-type: none"> One 60-minute initial visit Five 45 minute follow up visits <i>(follow up visits must be used within 13 weeks of your initial visit)</i> 	✗	✗	✓
Advanced support with meal and snack planning (Simple Plan will only get basic support)	✗	✓	✓
Food journal review (optional) Feedback based on your food logs provided during your scheduled call	✓	✓	✓
Chat messaging between visits*	✗	✓	✓
Use of our app Providing the ability to track your food intake and receive post-visit notes from your dietitian	✓	✓	✓
Investment	\$375	\$625	\$900 (\$100 savings compared to month-to-month)

* Extensive chat messaging that requires >30 minutes per month by your dietitian will incur an additional charge. Your dietitian will let you know if she recommends the unlimited chat messaging option for you.

You may add progression sessions after your chosen Starting Line Plan is complete

Additional visits after the start-up plan: \$125 per 45-minute visit

Monthly chat messaging: \$50 if you have a scheduled follow up visit that month, \$75 if you do not have a scheduled visit that month



Additional Services:

Sweat Sodium Testing: \$179 for 2 tests

Comprehensive Race-Day/Week Meal Plan: Starting at \$175, price will be adjusted depending on the number of days you require meal planning

We accept HSA/FSA cards, but we do not accept insurance. We can provide you with a superbill for you to submit to your insurance company for possible reimbursement. Please let your dietitian know if you plan to use an HSA/FSA card for payment.