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Nutrition Jump Start	LEAP/MRT Client-only	Nutrition Change/ EATS program	Nutrition Commitment to Change Feeding therapy
Initial Consultation * (2) Follow-up visits **	Initial Consultation* (4) Follow-ups	Initial Consultation* (5) Follow-up visits**	Initial Consultation * (9) Follow-up visits**
\$248	\$390	\$ 480	\$755
Follow-up on initial goals that were established during initial consultation and make adjustments as needed. Ideal when making smaller changes.	Initial meal plan established after MRT test results. We follow up 2 weeks, 30 days, 60 days and at 90 days. I'm available via email between visits for questions.	Additional follow-up visits allow for big changes. Review weekly food journals, monitoring weight as needed and goals adjusted as needed to work towards necessary behavior changes.	Best options for weight management, weight gain or loss, when behavior modification is required with regular accountability for positive lifetime changes. This option includes time spent on menu planning in addition to all the options offered in other plans.

*Initial Consultations are scheduled for 75 minutes for information gathering and initial goal setting.

**Follow-up visits are scheduled for 30-40 minute. Flexibility can be allowed for video conferencing when needed.

*** Additional follow-up visits can be added on for \$75 each