



Program A

\$900

Duration: 6 months

Includes:

- Two 50-minute appointments each month for six months, which will include discussion on your progress, recommendations and a full set of notes.
- Meal plan recommendations, tailored for your specific health goals
- A variety of handouts, meal plans and recipes.
- Guided grocery shopping trips, if desired (counts towards a 50-minute appointment)
- Invitations for you and guests to attend future special events and cooking classes
- Special rates for corporate lunch & learn program for you or a friend/relative

Program B

\$600

Duration: 3 months

Includes:

- Two 50-minute appointments each month for three months, which will include discussion on your progress, recommendations and a full set of notes.
- Meal plan recommendations, tailored for your specific health goals
- A variety of handouts, meal plans and recipes.
- Guided grocery shopping trips, if desired (counts towards a 50-minute appointment)
- Invitations for you and guests to attend future special events and cooking classes
- Special rates for corporate lunch & learn program for you or a friend/relative

Guided Grocery Store Tour

\$100

Tour includes a recommended shopping list, designed specifically for you in order to reach your health goals. Tour also includes tips on how to read food labels and tips on how to shop on a budget.

Nutrition Coaching Session

\$200

Don't want to commit to a three or six month program just yet? You can still get a great deal of value out of working with me. This session starts by the client completing a health history form & nutrition questionnaire so I can be fully prepared for our two hour session. I will review your

form/questionnaire and provide to you my recommendations for addressing any health concerns. I will give you expert advice to help you achieve your health goals and a list of takeaways to get you started. And I'll leave time at the end of the session for you to ask me all the questions you need answered to get you moving on your journey to better health.

Corporate Lunch & Learn Workshop

\$100 - \$200

Staying healthy at the office and making healthy choices while juggling a busy schedule are some of the biggest struggles my clients have. So why not start at the source when solving this problem? Investing in the health of your employees is incredibly valuable and will pay off with high productivity, a happier staff and less sick days on the books. Some of my corporate workshop topics include Understanding Your Health, Breaking Up with Gluten, Natural Detoxing, Fueling with Fat

Natural Beauty Workshop

\$75 per person

Includes the cost of food & natural beauty ingredients/equipment. Looking to add more fun to your next girl's night? Or hoping to treat your health loving bride at the upcoming bachelorette party or bridal shower? I'll bring everything needed for all the girls to make their own natural beauty products and I'll prepare some tasty treats for everyone to enjoy together. Beauty products include vegan face wash, honey and seaweed mask, natural teeth whitener, etc.

All About the Apps Cooking Class

\$50 per person

Includes the cost of food. Why not get busy in the kitchen at your next cocktail party! I'll bring everything your guests need to learn how to make delicious and unique appetizers. With a few healthy eating tips and tricks along the way, your guests will be able to prepare the dishes together and enjoy their creations while I do all the cleaning up.

Don't see a service that is exactly right for you? Let's work together and come up with a plan or list of services that is just what you need! Get a hold of me at info@emilybeatty.ca or connect with me on social media for a little extra inspiration.

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