

360 Nourishment A La Carte Services

Build your own package

Choose from the below options to build a custom package based on your needs and your time!

A la Carte Services

- Consultations – 1 hr - \$125.00
- 2 -1hr consultations - \$225.00
- 4 – 1hr consultations - \$450.00
- Tailored cleansing and detox - \$125.00
- Metabolic Typing - \$125.00
- Meditation techniques - \$50.00
- Food Preparation Tips - \$50.00
- Customized Meal Plans - \$125.00
- Condition Based Mgmt - \$125.00
- Weight Loss & Maintenance - Cost is based on total number of hours
- Follow up consult - 40 min - \$62.50
- In person 1 hr Farmer's Market Tour* - \$50.00 pp
- In person 1hr Grocery Food Tour* - \$50.00 pp
- Farmers' Market Tour - DVD - \$29.99
- In house pantry "makeover" - 1hr - \$75.00
- Grocery Food Tour DVD - \$29.99 (this DVD shows how to navigate through all grocery stores ranging from health / natural food stores (e.g. Whole Foods) as well as a non health chain supermarkets.)
- Grocery food manual - \$10.00
- Farmer's Market Manual - \$10.00

*Groups of 5 or more - \$40 pp. In order to allow for each guest to receive the attention he / she deserves, I only lead a maximum of 6 people during any one tour.

All prices are subject to a 3% services tax.