

HEALTHY LIVING

Healthy Flavors

Nutrition Packages

All nutrition packages include an initial, 1 hour in-home visit:

- counseling session with a review of diet and medical history
- short and long-term goal setting along; leave with a step-by-step plan for accomplishing goals
- development of a personalized 5-day meal plan customized for your calorie level, food preferences and dietary needs
- FREE "Healthy Eating on the Go" kit helps you fit healthy eating into a busy lifestyle

Recommend a minimum of 6, 30-minute weekly follow-up sessions:

- typically conducted over the phone to fit into a busy schedule
- stay on track and accountable to achieving goals
- allows for adjustment and refinement of the personalized meal plan
- it takes 30-40 days to establish a habit; I want to ensure your healthy habit goals form into permanent lifestyle changes 😊

Weight Loss package

Stop yo-yo dieting and find simple diet and lifestyle changes to help you achieve permanent weight loss and better overall health. This program establishes lifelong healthier eating habits.

Heart Health package

Lower cholesterol & blood pressure naturally, without medication, by learning how to add delicious cholesterol-lowering foods into the diet.

Food Allergies & Intolerances package

Learn how to shop for, cook & eat delicious, healthy food, while sticking to dietary restrictions. Allison has tips, tricks, and recipes for eating with a wide range of allergies and intolerances: everything from gluten-free and nut allergies to clients with multiple intolerances.

Questions? Contact: Allison@HealthyLivingHealthyFlavors.com