

# Nutrition

<b>Program</b>	<b>Commitment</b>	<b>Sessions</b>	<b>Monthly investment</b>
<b>Private</b>	<b>3 months</b>	<b>1x/week with daily check ins</b>	<b>\$530*</b>
<b>Small Group</b>	<b>3 months</b>	<b>1x/month with weekly check ins</b>	<b>\$249</b>

**\*Bi weekly appointments are also available!**