



Nutrition Services Pricing

Initial Nutrition Counseling

FREE 20 minute Phone Consultation

Empower Personal takes a tailored approach to Nutrition Counseling so it is important that you select the service that will help you achieve your nutrition goals. You will speak directly with one of Empower's highly trained Registered Dietitians to go over the various nutrition packages available. This complimentary service is available to help you determine which nutrition service is right for you. *(Limit 1 per client)*

Introductory Nutrition Package\$299

Getting on the path towards your nutritional goals is not a one-time endeavor. It is usually a process that involves much fine-tuning, support, and taking small steps toward learning to feed our bodies with a positive approach that we can benefit from for a lifetime. Take advantage of our bundled nutrition package that includes 1 – 75 minute initial meeting and 2 – 60 minute follow up meetings with a Registered Dietitian.

Wellness Nutrition Counseling (75 minutes)\$135

At this session, our Registered Dietitian will conduct a comprehensive assessment and evaluation of your medical, nutritional, weight, social and family history. You will receive nutrition recommendations tailored to fit your lifestyle and eating preferences to help you reach your nutrition goals and needs. This consultation is recommended for individuals with specific weight management goals including weight loss and weight gain, people with a chronic disease or condition including obesity, diabetes, cancer, heart disease, high cholesterol, high blood pressure, or digestive disorders. It is also suitable for athletes, pregnant or postpartum women (or those planning to become pregnant), and those who follow special diets (e.g. vegetarian diet, gluten free diet, etc.).

Holistic Nutrition Counseling Session (75 minutes)..... \$135

Essentially, nutrition is the single most important controllable factor in determining our quality of life. Ancient wisdom understood this fact many centuries ago and today science confirms what ancient Chinese medicine and ancient Indian medicine, known as Ayurveda, have taught for thousands of years. Viewing the body as an interconnected entity rather than a disjointed network of systems, a holistic nutrition consultation allows the nutritionist to pinpoint areas of imbalance and to target these with food-based recommendations. Resolve common medical conditions (i.e. high cholesterol or high blood pressure) without drugs, design a detoxification plan to “cleanse” the body, conquer issues with sugar metabolism, relieve skin issues, minimize allergies and more.

Partner Nutrition Counseling (90 minutes)\$165

Bring your partner/spouse or child for Empower's Partner Nutrition Counseling and learn how you can work together to achieve your specific metabolic and nutritional needs and how to set realistic weight loss, weight maintenance or weight gain goals.

Follow Up Services

Getting on the path towards reaching your nutritional goals and needs is not a one-time endeavor. It is usually a process that involves much fine-tuning, support, and taking small steps toward learning to feed our bodies with a positive approach that we can benefit from for a lifetime. Follow-up sessions will help you in this process.

30 minute Follow-up Session	\$64
60 minute Follow-up Session.....	\$94

Additional Services

Maintenance and Accountability Programs (These programs are available in addition to the initial nutrition counseling sessions)

60 minute sessions

5 sessions (\$90/session).....	\$450
10 sessions (\$85/session).....	\$850

30 minute sessions

5 sessions (\$60/session)	\$300
10 sessions (\$55/session)	\$550

Resting Metabolic Rate Measurement \$129

This service provides a scientific measurement of your metabolic needs. A 10-minute breathing test is conducted in a fasting state, and through highly accurate indirect calorimetry technology you will learn how many calories your body needs at rest. This service is ideal for anyone embarking on a weight loss plan. It is also helpful for individuals who suspect that a slow metabolism is preventing them from achieving their health goals.

Personalized Meal Plans

2-week customized plan	\$350
4-week customized plan	\$550

In-home Nutrition Consultation and Pantry Analysis (2 hours) \$229

The service provides a comprehensive evaluation of the nutrient quality of the products in your kitchen. Recommendations will be given on products to keep, products to replace with healthier alternatives, and products to eliminate from your kitchen. A list of healthy staples will also be provided. Basic education of reading food labels is also included.

Cooking Classes or Demonstrations Pricing varies

Cleanse and Detoxification Programs

Empower's 21 Day Purification Program\$349

Purification, also known as detoxification, can help remove natural toxins from your body and help maintain healthy weight. We are exposed to external toxins every day, including environmental pollutants and pesticides in the air we breathe and the foods we eat. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened causing fatigue, aches and pains, weight gain and impaired immune function, to name a few. Results vary but you can expect many benefits including weight loss, improved blood lipids, improved blood pressure, renewed energy and vitality, and absence of daily discomforts such as aches and pains or digestive complaints. Join Cara Demu, Empower's Registered Dietitian on this guided 21 Day Detox program and give yourself the gift of great health.