

# NUTRITION

with *Avocado Aislyn*

## 3 WEEK MEAL PLAN

**\$100**

- Free Consultation (Virtual or In Person)
  - Go over Goals, Food Sensitivities, Allergies, Favorite Foods, etc...
- 3 Week Meal Plan
- Start Up Appointment Review
  - Customized Meal Plan

## 7 WEEK MEAL PLAN

**\$225**

- Free Consultation (Virtual or In Person)
  - Go over Goals, Food Sensitivities, Allergies, Favorite Foods, etc...
- Meal Plan #1
- Start Up Appointment
- Review Customized Meal Plan
- 2 Week Follow Up Appointment
  - Celebrate Mini-Milestones
  - Make adjustments where needed
- Updated Meal Plan #2
- Final Appointment
  - Review updated Meal Plan
  - Track Progress and Reassess goals
- Access to Texts
  - Quick Responses to any questions throughout your journey
  - Friendly check ins and reminders to keep you on track

## NUTRITION & EXERCISE BUNDLE

as low as  
**\$250**

Let's fully hit the reset button in life with personalized nutrition and exercise plans!