

BUNDLE PLANS

with *Avocado Aislyn*

BASIC HEALTH BUNDLE

\$175

- Free Consultation (Virtual or In Person)
 - Go over Goals, Food Sensitivities, Allergies, Favorite Foods, etc...
 - Discuss weight loss/gain/maintenance
 - Go over current activity level
- 3 Week Meal Plan
- 3 Week Exercise Plan
- Start Up Appointment
 - Review 3 Week Customized Meal and Exercise Plans

DELUXE HEALTH BUNDLE

\$600

- Free Consultation (Virtual or In Person)
 - Go over Goals, Food Sensitivities, Allergies, Favorite Foods, etc...
 - Discuss weight loss/gain/maintenance
 - Go over current activity levels
- 2, 3 Week Meal Plans
- 2, 3 Week Exercise Plans
- Start Up Appointment
 - Review 3 Week Customized Meal and Exercise Plans
- 2 Additional Appointments
 - Revisions/modifications when needed
 - Track Progress throughout journey
 - Celebrate mini-milestones
- Access to Texts
 - Video critiques welcomed
 - Friendly check ins to keep you on track
 - Quick Responses to any questions throughout