

# One-on-one Nutrition Counselling Packages



**Our nutrition counselling programs are on fire! You'll ignite, sizzle and blaze with our fun, results driven programs. Skip fad diets and cookie cutter approaches and work one-on-one with our Registered Dietitians for the most credible, customized and easy-to-implement plans. With almost a decade of experience helping people make lifelong habits, and through our extensive tools and resources, you'll be set up to achieve the success you deserve.**

## Blaze Package

Go full throttle! This complete program will provide you will ALL the tools, resources, support, motivation and accountability you need for successful permanent change. Your dietitian is there to support you extensively on your journey to achieve and sustain the results you are looking for.

## Sizzle Package

Get sizzling results with this detailed program to help you move towards the lasting changes you want. Get the comprehensive support you need by meeting with a dietitian regularly. Receive access to key resources and tools to accelerate your nutrition knowledge while your dietitian guides you on your way to a healthier you.

## Ignite Package

This basic program will get you started on a healthy eating plan. Get empowered with the foundation you need to kick-off your goals and focus on critical success strategies ignite changes in your habits and lifestyle.

# One-on-one Nutrition Counselling Packages

[www.healthstandnutrition.com](http://www.healthstandnutrition.com)

Phone: (403) 262-3466

It's your health. Take a stand.

One-on-one Nutrition Counselling Packages	Blaze Package	Sizzle Package	Ignite Package
One-on-one nutrition counselling by a registered dietitian	✓ 18 hours of dietitian support	✓ 9 hours of dietitian support	✓ 3 sessions of dietitian support
Subscription to "Sound Bites" monthly e-newsletter	✓	✓	✓
"Build a Balanced Meal" suggestions (magnetic fridge board)	✓	✓	✓
Calorie assessment & daily food tracker tool	✓	✓	✓
A 50 page reference guide on the nutrients in food	✓*	✓*	✓*
Mega menus for a month	✓*	✓*	✓*
Access to "Members Only" web resources	✓*	✓*	✓*
Access to specialized services including dietary computer analysis; personalized grocery store tour; 2 week personalized menu plan; pantry & fridge assessment	✓	✓	X
Email support by a registered dietitian	✓	✓	X
"Write-On!" weekly supper planner (magnetic fridge board)	✓	X	X
Grocery shopping notepad	✓	X	X
Juiced up journal (365 day nutrition and wellness journal)	✓	X	X
<b>1 Person</b>			
Total value**	\$ 5479.70	\$ 2,559.85	\$ 554.85
Package savings!	51%	47%	11%
You pay	\$ 2,700.00 <i>Payment plan of 4 payments available</i>	\$ 1,350.00 <i>Payment plan of 4 payments available</i>	\$ 495.00 <i>Payment plan of 2 payments available</i>
<b>Small Group of 2-4 Family or Friends</b>			
Total value**	\$ 10,959.40	\$ 5,119.70	\$ 1,109.70
Package savings!	63%	60%	33%
The total your group pays	\$ 4,050.00 <i>Payment plan of 4 payments available</i>	\$ 2,025.00 <i>Payment plan of 4 payments available</i>	\$ 742.50 <i>Payment plan of 2 payments available</i>

✓ = included in program

✓\* = electronic resource

X = not included in program

Prices do not include gst.

\*\* = based on the sum of each individual service or product

# Details of the Nutrition Counselling Packages

## **One-on-one Nutrition Counselling by a Registered Dietitian**

Since everyone has different needs and goals, counseling sessions are customized just for *you*. For more information about the types of issues, goals and topics we can help with contact us at (403) 262-3466.

### Sessions could cover ideas such as:

- What, when, why and how much to eat
- Healthy meals in a hurry and fitting nutrition into busy lifestyles
- Meal planning suggestions for breakfasts, lunches, suppers and snacks
- Strategies for increase satiety and fullness
- How to build balanced meals to maximize energy throughout your day
- Portion sizes specific for you
- Recipes for quick and healthy meals
- Eating out/travel strategies and recommended food choices
- Grocery shopping tips and which staple foods to keep on hand
- Education on how different foods impact your medical health (for example, how different foods affect your blood sugars, blood pressure, bone health, cancer risk, digestive health and cholesterol levels)
- Sports nutrition advice on what to eat and drink before, during and after exercise/activity
- Strategies for staying motivated and overcoming challenges
- The food-mood connection and addressing emotional eating
- "Ask the dietitian" session - get answers to a list of all your questions
- Advice on vitamins, minerals, herbs and dietary supplements.

### Common areas of counselling:

- General health and wellness
- Nutrition to boost your energy
- Weight management (weight loss and weight gain)
- Cardiovascular disease, high cholesterol and high blood pressure
- Type 1 and Type 2 diabetes and other blood sugar concerns
- Low iron and anemia
- Sports nutrition
- Eating disorders (binge eating, anorexia nervosa and bulimia)
- Gastrointestinal issues such as irritable bowel syndrome, crohn's and colitis
- Vegetarian nutrition
- Food allergies or intolerance
- Osteoporosis or low bone density
- Pregnancy and infant nutrition
- Family nutrition and meal planning
- Pediatric nutrition such as picky eating or growth concerns
- And more! Contact us at (403) 262-3466 to discuss your goal or challenge.

## **One-on-one Nutrition Counselling by a Registered Dietitian (CONTINUED)**

### Need us to work with your health care team or other experts?

We would be happy to communicate with your eating disorder therapist, doctor, coach, personal trainer, personal chef, executive assistant, nanny, care giver or others. (Please note that some of your session time may need to be allocated if extensive communication is required).

### How much dietitian support is available in the 3 different packages?

#### BLAZE PACKAGE: 18 hours of dietitian support

Nutrition counselling sessions are done at our professional office or by phoning in to our office. The Blaze Package includes 18 hours of nutrition counselling/consulting (suggested utilization of package hours is based on your individual needs (each session is a minimum of 30 minutes). Package expires 6 months after the date of your first session.

#### SIZZLE PACKAGE: 9 hours of dietitian support

Nutrition counselling sessions are done at our professional office or by phoning in to our office. The Sizzle Package includes 9 hours of nutrition counselling/consulting (suggested utilization of package hours is based on your individual needs (each session is a minimum of 30 minutes). Package expires 6 months after the date of your first session.

#### IGNITE PACKAGE: 3 sessions of dietitian support

Nutrition counselling sessions are done at our professional office or by phoning in to our office. The Ignite Package includes 3, one-hour meetings or two 1.5 hour meetings. Sessions expire 6 months after the date of your first session.

### **Subscription to “Sound Bites” Monthly e-newsletter**

Newsletter is written by Health Stand Nutrition Consulting Inc. dietitians and is dropped into your email inbox monthly. It is loaded with practical nutrition tips, articles and recipes to help further your success.

### **“Build a Balanced Meal” Suggestions (Magnetic Fridge Board)**

You will never be short of ideas with this list of breakfast, lunch and supper meal planning ideas. The magnetic “build a balanced meal” board hangs on the refrigerator or can be kept handy in the kitchen. This is one of our most popular nutrition tools!

### **Calorie Assessment & Daily Food Tracker Tool**

Discover how many calories you need and receive a personalized meal plan for how many servings of different foods are right for you each day for good health. Track your daily progress with our popular food tracker tool where you can check off what you have eaten as you go through the day and determine if you are getting too little or too much of certain foods.

### **A 50 Page Reference Guide on the Nutrients in Food**

This “must-have” reference book lists the nutrients of common foods including calories, carbs, protein, fat, fibre, vitamins and minerals.

### **Mega Menus for a Month**

Need some menu ideas to get you going? Receive four sample weeks of healthy breakfast, lunch and supper suggestions along with corresponding recipes. Also receive a blank template so that you can create your own healthy menus for a month.

### **Access to “Members Only” Web Resources**

Access to the exclusive Members Only section of our website will provide you with hundreds of nutrition and wellness articles, research updates and healthy recipes.

### **Access to Specialized Services**

You may choose to substitute some of your one-on-one counselling hours for any one or more of the following services:

- **Dietary computer analysis**  
A computer analysis will generate a detailed report of your average intake of calories, fat, carbohydrates, protein, fiber, vitamins and minerals based on a food journal. Your dietitian will provide coaching to help you reach a healthy standard and maximize the levels of your nutrients.
- **Personalized grocery store tour**  
Become an expert shopper! This on-location tour will help you examine which foods to fill your cart with and which foods to leave behind. Your dietitian will meet you at a downtown Calgary grocery store and go aisle by aisle to educate you about food, label reading and choices to compliment your goals.
- **2 week personalized menu plan**  
Looking for some new meal planning ideas and quick recipes? Have your dietitian custom build a chart of breakfast, lunch, supper and snack ideas based on your food preferences and schedules that will compliment your plan, get you organized and inspired with fresh ideas.
- **Pantry & fridge assessment**  
Take digital photos of all the foods and packages in your fridge, freezer and pantry and have your dietitian review them with you. Learn how to read labels as well as find out which items you should ditch and which items you could add to your home.

### **Email Support by a Registered Dietitian**

Twice per month you have the option to email your dietitian to stay motivated and ask questions. (Please note that lengthy questions may instead be discussed at your next one-on-one session).

### **“Write-On!” Weekly Supper Planner (Magnetic Fridge Board)**

Our magnetic “write-on, wipe-off” refrigerator board can be kept handy in your kitchen and is a great way to visualize and plan your supper meals for the week ahead.

### **Grocery Shopping Notepad**

Get healthier and shop faster! These “write-on, wipe-off” grocery shopping lists will help you stock your pantry, fridge and freezer with tasty and healthy foods.

### **Juiced Up Journal (365 Day Nutrition & Wellness Journal)**

If you write something down you are ten times more likely to succeed! Use this 365 day journal to get yourself juiced up and to set goals, monitor your progress and stay motivated. The journal has space to track your nutrition, exercise, personal reflections as well as weight and health changes.

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For more information about our programs, company policies and testimonials or to book an appointment phone (403) 262-3466 or visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com).