



ROADMAP TO
HOLISTIC HEALTH
www.rubylathon.com



HOLISTIC
Nutrition Plans

\$1850

Couples & Family Comprehensive Package

The comprehensive nutrition coaching program is customized to address specific wellness needs and objectives for couples or families. The one-time program fee includes the same elements as the comprehensive plan but is customized for couples or families (4 family members or less).



\$1500

Comprehensive Wellness Nutrition Package

The comprehensive nutrition coaching program is customized to address specific wellness needs and objectives. The one-time program fee includes:

Initial consultation and 4 phone consultations. Follow-up consultations are scheduled at client's preference: 1, 2 or 3 weeks apart and held by phone. *Initial consultation held via Skype or phone for clients outside of the Washington, DC area.

- Email support and phone consultation during the 6-8-week period
- Customized healing foods/supplement recommendations to address specific health concerns
- Customized 7-day healthy starter menu with recipes
- Nutritional wellness overview
- Basic food/supplement recommendations for healthy immune system
- Healthful snack recommendations
- Ongoing food/beverage log review (as needed)
- Healthy menu planning assistance
- Recipe modification (if requested)
- Strategies for healthy dining out and traveling
- Basic exercise/fitness recommendations
- Healthy shopping assistance in-store or home visit pantry review (*additional fee: \$125)

* *Comprehensive Payment Plan Available: \$400 due at appointment time, with remainder divided into 2 or 3 monthly payments.*

\$500

Basic Wellness Nutrition Package

- 1 in-person initial consultation; *Initial consultation held via Skype or phone for clients outside of the Washington, DC area.
- Customized healing foods/supplement recommendations to address specific health concerns
- Customized 7-day healthy starter menu with recipes
- Nutritional wellness overview
- Basic food/supplement recommendations for healthy immune system
- Healthful snack recommendations
- Strategies for healthy dining out and traveling
- *Basic Payment Plan Available: \$300 due at appointment time, with remainder charged the following month.*



\$250

Coaching Maintenance Package

The maintenance plan is designed for previous clients of the basic or comprehensive nutrition plans and includes:

- 8 phone appointments (scheduled 30-minute calls as needed or 2 per month)
- Email support as needed for a 3-month period
- Updates to nutrition plan as needed, track progress, address issues and concerns

\$250

Single Follow-up Consultation

Follow-up maintenance appointments are for clients who have completed the Comprehensive Package or Basic Wellness Package.

- In-person or phone consultation (1 hour)
- Question and answer period
- Update to menu plan or supplement recommendations (as needed)

Nutritional Coaching with Dr. Ruby Lathon. For more information:

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We look forward to serving you.