

HOLISTIC NUTRITIONAL CONSULTING SERVICES

Kickstart Your Health Journey with a 15-Minute Complimentary Consultation!

Initial Assessment & Next Step Recommendations

- 1 x 60 min consultation.
- Thorough analysis of digital intake forms **prior to** your visit.
- Discussion of findings together.
- Delivery of personalized next steps (nutrition, *natural supplementation and lifestyle).

\$200 + GST

**Any current natural supplementation will be assessed and advised on.*

3-Month Holistic Nutritional Assessment Package

- 1 x 60 min consultation.
- 3 x 30 min follow-up appointments (scheduling TBD).
- Thorough analysis of digital intake forms & 5-Day Food + Lifestyle Tracking.
- Custom nutritional, natural supplementation + lifestyle protocols.
- 1 custom recipe e-book + digital resource guides to support your protocols.
- Accountability email check-ins between coaching appointments.

\$660 + GST

6-Month Holistic Nutritional Assessment Package

- 1 x 60 min consultation.
- 6 x 30 min follow-up appointments (scheduling TBD).
- Analysis of digital intake forms & 5-Day Food + Lifestyle Tracking.
- Custom, nutritional, natural supplementation + lifestyle protocols.
- 2 custom recipe e-books + digital resource guides to support your protocols.
- Accountability email check-ins between coaching appointments.

\$990 + GST

Jessica Ferguson, C.H.N.C., CNE, BEd., BPE

*Certified Holistic Nutritional Consultant™
Certified Culinary Nutrition Expert
Autoimmune Paleo Certified Coach®*

Active Back to Health Centre

HOLISTIC NUTRITIONAL CONSULTING SERVICES

30-Minute Follow-Up Appointment

- An opportunity to check-in and celebrate your wins, troubleshoot through any new roadblocks, ask new questions, and identify your next steps in your health journey! **\$90 + GST**

45-Minute Follow-Up Appointment

- An opportunity to check-in and celebrate your wins, troubleshoot through any new roadblocks, ask new questions, and identify your next steps in your health journey! **\$120 + GST**
**An extended-length option if there are additional items to discuss (e.g. lab test results/other testing, referrals, etc.).*

Custom Anti-Inflammatory Recipe e-Book

- 15 min consult to determine your needs with this new recipe inspiration!
- A custom collection of 42, straight-forward, from-scratch recipes (7 breakfast, 14 snack and 14 lunch/dinner options, or split according to your needs/preferences). **\$120 + GST**
- Recipes are naturally free of gluten, refined dairy, GMO corn/soy + refined sugars.
- 15 min follow-up to debrief your new resource and ask any questions!

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