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## Weight Management Plan - \*\$535

<b>Test/Service</b>	<b>Cost</b>	<b>Savings</b>
<b>Initial Consultation</b> – 45 minutes Preliminary survey of lifestyle Observation of health with physical examination How to prepare for Metabolic Type Test	\$110	\$25
<b>Metabolic Type Test</b> (What kind of diet? Low Carb, High Protein) Food List (Vegetables, Fruits, Grains, Meats) Grocery List (Groceries to avoid) Sample Menu If any vitamins, minerals, or enzyme deficiencies Nutrition Consultation - 30 minutes <b>Food – habit counseling</b> Journal review Setting health goals and how to obtain them <b>Groceries</b> Learn how to read labels and avoid them <b>Calorie Distribution</b> Carbohydrates Proteins Fats Focus on decreasing caloric intake <b>Portion Sizes</b> How much you should be eating? <b>Improving metabolism</b> *plus cost of nutritional therapy Dietary supplement recommendation	\$200	\$75
<b>Resting Metabolic Test (RMR)</b> How many calories you need to eat?	\$25	\$10
<b>Body Fat Analysis</b>	\$5	\$25
<b>6 Nutrition Consultation Follow-up</b> (1wk, 4wk, 6wk, 8wk, 10wk, 12wk) Nutrition Consultation -15 minutes Review of journal Check: Weight/Body Fat/RMR	\$195	\$90
<b>Program cost without supplements</b>	<b>*\$535</b>	<b>\$225</b>
<i>Average cost of remedies per month \$63</i>		
<b>After 12 week program (after 10 pound change)</b> Coming in every 6 weeks for a follow-up until health weight goal is obtained.		
Add 6 therapeutic reflexology treatments for only \$230		

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

*Be patient with yourself. Take care and be well.*