



# Services & Pricing Guide

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[Maidietitian.com](https://Maidietitian.com)

# Services

## MaiDietitian



### Unique and Customized Guidance

My weight loss program offers a comprehensive approach that goes beyond just dieting. I provide personalized meal plans tailored to individual needs and preferences, along with in-depth education on healthy eating habits, portion control, and mindful eating. Additionally, I offer ongoing support and accountability, helping clients overcome challenges, stay motivated, and develop sustainable lifestyle changes for long-term success.

## PREMIUM PLAN

01.

#### Initial Consult

Introduction to who I am and how I can help you reach your goal. We will dive into where you're currently at and make a plan to see results. Getting to know each other on a personal level will be a strong foundation for your personalized plan.

03.

#### Unlimited Counseling & Guidance

As your registered dietitian, you'll have unlimited access to Medically Nutrition Therapy (MNT) for all diseases and illnesses like Diabetes, high blood pressure, high cholesterol, food allergies, and more!

02.

#### Nutrition Education

You will have unlimited access to the most up-to-date science-based nutrition information to support your health and well-being. For any nutrition questions or topics you want to learn more about, I will provide 1-on-1 teaching session.

04.

#### Progress and Reassessments

To ensure adequate progress, the program provides multiple progress trackers that will guide you to your success. 2 follow-up consultations are included to reevaluate your progress and nutrition prescription.

# Packages

## Premium Plan

Each client will have a custom-tailored plan that is always evolving to their own goal. Your dedicated plan can be enhanced with an additional Meal Plan to aid you through your journey.

### 01. Premium (Base) \$250/month

- 30 days Full access to Dietary guidance via email and text
- 4x Progress check-ins
- 2x Reassessments
- 2x nutrition education sessions included (by request)
- Unlimited educational materials
- Unlimited questions & answers



### 02. Premium with Meal Plan \$275/month

- Includes Premium (Base) plan
- Basic Meal Plan - 4x weeks of meal ideas and 4 weekly grocery ingredient list
  - Breakfast, Lunch, Dinner, and Snacks specific to your Calorie Limit and Macronutrient goal

### 03. Premium with Custom Meal Plan \$300/month

- Includes Premium (Base) plan
- Custom Meal Plan - 4x weeks of meal ideas and 4 weekly grocery ingredient list
  - Breakfast, Lunch, Dinner, and Snacks specific to your Calorie Limit and Macronutrient goal
  - Any preferences and diet restrictions included (ie: Kosher, Halal, Veganism, Pescatarian, Mediterranean, Gluten-free, No Peanuts, No Fish, etc..)



\*Sessions and Meal Plan(s) can be purchased separately, see last page for details\*

# Who is a Good fit?



## You Will Be Successful IF

- ✓ Willingness to share their thoughts, feelings, and challenges openly with me.
- ✓ A strong commitment to achieving their weight loss goals is essential.
- ✓ Have a genuine desire to make changes and improve their health.
- ✓ Taking responsibility for their own actions and progress.
- ✓ Understanding that weight loss is a journey and results may take time is important.
- ✓ Being open to following recommendations and action plans is crucial.

## We Are Not A Good Fit If

- ✗ Do NOT follow recommendations that will not see significant results.
- ✗ Expecting immediate results or becoming discouraged by setbacks.
- ✗ Inconsistency in motivation and lack of accountability.
- ✗ Setting unrealistic goals and poor confidence to change.
- ✗ Has a weak or no support system around them.
- ✗ Not persevering through challenges or slow-results.



# Ready to Start?

If you've got a clear vision and a need to change, I'll lead you to your goal, why wait let's get started!

Fill out the Consultation form at  
**MaiDietitian.com**

If you're still unsure or have more questions, no worries at all.

Send any questions you have at: —→ **MaiDietitian@gmail.com**

## Plans and Add-ons:

## Includes:

Premium Plan (Base) - \$250

30 days Full access to Dietary guidance via email and text 4x

Progress check-ins

2x Reassessments

2x nutrition education sessions included (by request)

Unlimited educational materials

Unlimited questions &amp; answers

Premium Plan with  
Meal plan - \$275Includes Standard Program+ Meal Plan - 4x weeks of meal ideas and weekly grocery ingredient listPremium Plan with  
Customized Meal Plan -  
\$300Includes Standard Program+ Customized Meal Plan - 4x weeks of Customized meal ideas and weekly grocery ingredient list

Meal Plan - \$60

4 weeks of Breakfast, Lunch, Dinner, and Snacks specific to your Calorie Limit and Macronutrient goal

7 days of meal planning per week

Customized Meal Plan -  
80\$Fully tailored Meal plan with consideration of any preferences and restrictions within your Calorie Limit and Macronutrient goal (ie: Kosher, Halal, Veganism, Pescatarian, Mediterranean, Gluten-free, No Peanuts, No Fish, etc..)

## Per Session

Initial Session - \$50

1x 50-60min session Dietary Nutritional Assessment with nutrition prescription.

Education on the desired request (ie: Diabetes, Hypertension, Cholesterol, Weight Management, Renal Disease, Pediatrics, Picky eating, ect..)

Limited educational materials

Limited questions &amp; answers

No specialized programming

Follow-up session  
without Program - \$40

1x 40-60min session

Progress update

1x Reassment

Limited education Handouts/Materials

Limited questions &amp; answers