

Nutrition Assessment

Consultation

Consultations, coaching calls, learning modules and experiential activities all via a telemedicine platform - Healthie™

This consultation appointment is to introduce you to my services and to determine, if nutrition coaching is right for you!

WHO IS THIS FOR?

Anyone with GI distress that interferes with daily living or who has been diagnosed with IBS!

Do you have...
IBS? Leaky gut?
Celiac? Food
Allergies? or Food
Sensitivities?

WHAT COMES WITH THIS PLAN?

- One 60-min. consultation
- One 30-min. follow-up coaching call

- Initial visit to discuss digestive health issue(s) plus your preferred diet and lifestyle habits
- 3-Day meal plan includes recipes, grocery lists, & prep guides!
- Follow-up coaching call to touch base on use of meal plan, discuss Nutrition Prescription and what's next!

**Cost:
\$299.00**

Your Nutrition Prescription: Designed by you to meet YOUR food, nutrition, health and lifestyle goals!

To sign up for an appointment, email us:

info@christinaferrolinutrition.com

Face-to-face appointments at
the VIP Center for Business Women at
3755 N Washington Blvd, Indianapolis, IN 46205