

Sun Soul Fitness Functional Nutrition Service Menu

*= 1 hour in person session or zoom meeting

Anti-inflammatory Introduction \$80.00 (\$60.00 for current fitness clients)

- In person grocery tour introducing anti-inflammation and whole food based eating.
- Receive handouts on anti-inflammatory guidelines.
- Receive a beginners anti-inflammatory shopping list guide.

Nutritional Healing Start Up Package: \$250.00

For more clinical support...

- Everything that is included in the “Anti-inflammatory Introduction” *
- Detailed intake form & functional nutrition assessments (*to help collect personal data*)
- Session going over your intake form, assessments and your personal health goals and concerns. You will receive recommendations personalized to you.*
- After the session you will receive your first Action Form containing herbal and or dietary recommendations/ protocols specific to you for getting you set in the right direction for your health and healing journey.
- Follow up call/ email to assist you in questions pertaining to the action form .

Note that if you have already purchased a “Anti-Inflammatory Introduction” you will receive a second consult session in place of the grocery tour or a \$80.00 discount.

Personal Training Clients will receive a functional meal plan at this price

Follow Up Session: \$80.00

Valid after “Nutritional Healing Start Up Package”, “Functional Nutrition Meal Plan” or “Liver Lover Detoxification Program”

- In person session (go over new data and concerns/ progress).
- Receive feedback and recommendation.
- Receive a new detailed action form (based on the recent evidence/data).
- Receive updates to existing functional meal plans.
- Go over labs (if applicable) and receive a new action form and or meal plan update based on new data.

Herbal Tea & Supplement Health Consult : \$80.00

- Speak about personal health concerns or health goals.
- Receive feedback and herbal recommendations based on the information you provided.
- Receive an “herb script” (if you choose to purchase the herbal supplement/s recommended then you will receive your customized tea/herbal preparation with your specific instructions and dosages.)



Functional Nutrition Meal Plan: \$500.00

For more clinical support consider a functional meal plan where together we can uncover your specific nutritional needs to support your health concerns and allow you to reach your full genetic potential. By feeding your unique bio-diverse body with the proper nutrients it needs to thrive you can potentially turn off bad genes and keep bad genes from turning on. Functional meal plans can also be used to help reduce overarching symptoms and keep chronic diseases at bay while allowing you to feel good and function fully.

- Detailed intake form & functional nutrition assessments (*to help collect personal data*)
- Read labs/ blood work (*If labs are provided and or are in budget*).
- Everything that is included in the “Anti-inflammatory Introduction” *
- Second in- person or zoom session (speak about concerns and problem solve after intake form and assessments have been completed) *
- Receive first action form
- Detailed meal/supplemental plan guidelines will be developed and remain as a live document to be updated and reassessed for your personal needs and progress.
- In person session or zoom meeting going over the meal plan and answering questions. *
- Virtual assistance (answer texts and emails related to meal plan and health related data)

— *Note that if you have already purchased a “Anti-Inflammatory Introduction” you will receive a 3rd consult session in place of the grocery tour.*

Liver Lover Cellular Detoxification 2 Month Program: \$1,000.00

Ask for a separate service description menu to see the services and products included !