

Individual Nutrition Coaching

Eating healthy is making smart choices that improve and sustain physical, mental, emotional and spiritual well-being. Foods affect each and every area of health, there really is no way around it! The best gift you can give yourself at any time is to learn how to make healthier food and lifestyle choices leading away from chronic conditions like diabetes, high blood pressure, heart problems, degenerative diseases and cancer. By choosing to eat a “plant rich” diet you are taking the foremost step to life-changing health.

As a nutrition coach, I offer a holistic approach. Together, we will create a well rounded delicious and nutritious plan that works for you! I will provide support for every step in your process to healthier eating. Sign up to learn life-changing long term methods, not quick fixes and fads, that will bring improved health and success.

“Remake My Plate,” a two (2) week coaching program - \$197

You will learn what foods are triggers and how to substitute them. You will eat! But now your foods will have nutritious benefits giving you energy and vitality.

- Initial 45-minute Consultation
- Two (2) 30-minute sessions
- Personal assessment
- Unlimited food journal feedback by email

Three (3) month coaching program - \$397

I will support you in your process of changing to eat more plant-based foods, where to buy them, how to “eat out” and how to shop.

- Initial 45-minute Consultation
- Six (6) 30 minute sessions (two weeks apart)
- Shopping Lists and Menu Plan
- Personal assessment
- Unlimited food journal feedback by email

Six (6) month coaching program - \$697

- Initial 45-minute Consultation
- Twelve (12) 30-minute sessions (two weeks apart)
- Shopping Lists and Menu Plan
- Personal assessment
- Unlimited food journal feedback by email

NOTE: Any of the above programs can be used as a Seasonal Detox. Scheduling a cleanse is effective for managing weight loss, detoxifying, food sensitivities and cravings. Some detox tools which can be added to a regular plant-based menu are: Juicing, The Daniel Fast and RAW Food, all are elimination tools that purify the digestive system and rid the body of toxins and disease.

GROUP NUTRITION SERVICES

Healthy Eating Coaching Club- \$19.97 per month for 12 months

As a member subscriber, join a 60-minute, monthly nutrition call to get topic-specific tips, recipes and information about a plant based lifestyle. Live participant exchange. Group teleconference.

Free Informational Sessions

Subscribe to the Plant Rich Life newsletter to receive a monthly .mp3 recording. Learn more about the health benefits of eating a plant based diet, natural health tips, news and information, plus one subscriber's question will be answered each month.

In-Home Chef Services - \$100 Per Hour (Minimum 3 Hours)

Including 30 minutes travel time plus transportation costs (NY/NJ/CT)

Full Day (5 Hours) - \$325

(Refrigerator & Pantry Makeover, Cooking Lessons, Group Presentations & Personal Shopping)

To schedule a telephone appointment contact

Rebecca Johnson at (917) 922-7447 on Monday, Tuesday or Thursday from 9am - 1pm or send an email anytime. Please add "Appointment Request" in the subject line to info@plantrichlife.com.

Thank you for inquiring about my services and I look forward to working with you!

