



ROADMAP TO
HOLISTIC HEALTH

www.rubylathon.com



**HOLISTIC
Nutrition Plans**

\$497

Jumpstart Nutrition Wellness Package

The Jumpstart Nutrition Wellness program is customized to address specific wellness needs and objectives through a customized holistic nutrition plan. The one-time program fee includes:

- 1 in-person initial consultation; *Initial consultation held via Skype or phone for clients outside of the Washington, DC area.
 - 1 Follow-up consultation, by phone
 - Customized healing foods/supplement recommendations to address specific health concerns
 - Customized 10-day healthy starter menu with recipes
 - Nutritional wellness overview
 - Basic food/supplement recommendations for healthy immune system
 - Healthful snack recommendations
 - Strategies for healthy dining out and traveling
- * **Payment Plan Available:** \$300 due at appointment time, with remainder charged in 30 days.



\$697

Couples & Family Jumpstart Nutrition Wellness Package

The Couples Jumpstart Nutrition Wellness Package is customized to address specific wellness needs and objectives through a customized holistic nutrition plan for couples. Each person will receive an individual customized nutrition plan. Couples will share the same menu plan.

- 1 in-person initial consultation; *Initial consultation held via Skype or phone for clients outside of the Washington, DC area.
 - 1 Follow-up Consultation, by phone
 - Customized healing foods/supplement recommendations to address specific health concerns for each person
 - Customized 10-day healthy starter menu with recipes for the couple
 - Nutritional wellness overview
 - Basic food/supplement recommendations for healthy immune system
 - Healthful snack recommendations
 - Strategies for healthy dining out and traveling
- * **Payment Plan Available:** \$350 due at appointment time, with remainder charged in 30 days.

\$1097

Coaching Nutrition Wellness Package

The Coaching Nutrition Wellness program is customized to address specific wellness needs and objectives through a customized nutrition plan and individualized coaching sessions. The one-time program fee includes:

Initial consultation and 6 phone coaching sessions. Follow-up consultations are scheduled 2 or 3 weeks apart and held by phone. *Initial consultation held via Skype or phone for clients outside of the Washington, DC area.

- 6 additional customized coaching sessions to aid accountability and provide expert guidance on implementing your nutrition plan, behavior modification, meditation, healing visualization and various other topics.
 - Email support and phone consultation during the 8-10-week period
 - Customized healing foods/supplement recommendations to address specific health concerns
 - Customized 21-day healthy starter menu with recipes
 - Nutritional wellness overview
 - Basic food/supplement recommendations for healthy immune system
 - Healthful snack recommendations
 - Ongoing food/beverage log review (as needed)
 - Healthy menu planning assistance
 - Recipe modification (if requested)
 - Strategies for healthy dining out and traveling
 - Basic exercise/fitness recommendations
 - Healthy shopping assistance in-store or home visit pantry review.
- * **Payment Plan Available:** \$400 due at appointment time and \$233 due in 3 monthly payments.

\$1497

Couples & Family Coaching Nutrition Wellness Package

The Couples & Family Coaching Nutrition Wellness Package is customized to address specific wellness needs and objectives for couples or families through a customized nutrition plan and individualized coaching sessions. The one-time program fee includes the same elements as the comprehensive plan but is customized for couples or families (4 family members or less).

Initial consultation and 6 phone coaching sessions. Follow-up consultations are scheduled: 2 or 3 weeks apart and held by phone. *Initial consultation held via Skype or phone for clients outside of the Washington, DC area.

- 6 additional customized coaching sessions to aid accountability and provide expert guidance on implementing your nutrition plan, behavior modification, meditation, healing visualization and various other topics.
 - Email support and phone consultation during an 8-10 -week period
 - Customized healing foods/supplement recommendations to address specific health concerns
 - Customized 21-day healthy starter menu with recipes
 - Nutritional wellness overview
 - Basic food/supplement recommendations for healthy immune system
 - Healthful snack recommendations
 - Ongoing food/beverage log review (as needed)
 - Healthy menu planning assistance
 - Recipe modification (if requested)
 - Strategies for healthy dining out and traveling
 - Basic exercise/fitness recommendations
 - Healthy shopping assistance in-store or home visit pantry review.
- * **Payment Plan Available:** \$400 due at appointment time and \$366 due in 3 monthly payments.



\$250

Single Wellness Nutrition Consultation

Single wellness nutrition consultation appointment (does not include a written customized plan)

- One in-person or phone/Skype consultation (1 hour)
- Question and answer period
- Strategize wellness approach
- Review lab work (if applicable)


Nutritional Coaching with Dr. Ruby Lathon. For more information:

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We look forward to serving you.