



Diet & Nutrition

BodyFit: CFIT A-LA-CARTE SERVICES

Provider: Betsy Markle, Registered Dietitian

Nutrition Package Option #1: Introductory Nutrition Assessment

A one hour 1-on-1 appointment with Betsy which includes the following:

- ❖ Personalized nutrition program to fit your needs and goals
- ❖ Exercise recommendations & review
- ❖ Supplement recommendations

Cost of Service ~ Free to CFIT Clients, \$99 to Non-members

Nutritional Package Option #2: 9 Day Natural Detox Program

In addition to all of the services listed above, the client will receive the following:

- ❖ Getting Started Guide with shopping list and preparation tips
- ❖ 9 day diet protocol with daily sample menus
- ❖ Transition to Real Life Guide
- ❖ Follow up phone consultation

Cost of Service ~ \$145.00

Nutritional Package Option #3: 3 Month Nutrition Package

- ❖ Comprehensive evaluation & follow-up consultation
- ❖ Weekly check-ins to review food logs for 3 months & healthy recipes that fit into your program
- ❖ Educational materials to enforce proper balance and portion control & monthly nutrition articles
- ❖ Personalized diet, supplement, and exercise recommendations and goals
- ❖ Portion controlled meal plans and snack lists to fit your needs
- ❖ Menu & meal planning ideas to set you up for success
- ❖ Shopping lists and tips
- ❖ Eating Out Guide
- ❖ Weekly gluten and dairy free recipes
- ❖ 20% off most Sunshine Wellness supplements

Cost of Service ~ \$295.00

Nutritional Package Option #4: 6 Month Nutrition Package

- ❖ All items included in option #3, for a 6 month period
- ❖ Plus 2 (1 hour) follow-up consultations

Cost of Service ~ \$495.00

Please ask CFIT staff for additional information or to make an appointment today!
All Packages Available to Non-CFIT Members!