

1

PRICE:
\$299

NUTRITION START-UP PACKAGE

Kickstart your nutrition journey with the Nutrition Start-Up Package! All pricing includes GST. Sessions with Rabaa are virtual. In-person sessions may be requested but are subject to availability.

CONSULTATION	Nutrition history review, goal setting, nutrition education
ASSESSMENT	Lifestyle and nutrition history overview, InBody scan (body composition analysis), anthropometric measurements (optional)
NUTRITION STRATEGY	Develop wellness objectives, outline a realistic plan, discuss communication and follow-up plan
MACRO CALCULATIONS	Detailed breakdown of your unique ideal protein, carb, and fat intake
FOLLOW-UP	Review goals, address challenges, adjust strategies if needed (one meeting included in package)

DURATION: 60-minute initial consultation and assessment, and one 30-minute follow-up meeting. Sessions are virtual.

2

PRICE:
\$699

NUTRITION + PERSONAL TRAINING START-UP PACKAGE

Nutrition is just one piece of the puzzle. Combine our nutrition and personal training start-up packages to expedite your health goals.

EVERYTHING IN THE NUTRITION START-UP PACKAGE	(See Page 1)
PERSONAL TRAINING CONSULTATION	Discuss goals, lifestyle habits, and schedule
FITNESS ASSESSMENT	Used to set baselines and to inform your trainer in creating your custom workout program, includes cardio and strength testing and a Functional Movement Screen
TRAINING SESSIONS X4	1-on-1 sessions with your personal trainer

3

PRICE:
\$65

ADDITIONAL FOLLOW-UPS

If you'd like another check-in meeting with Rabaa beyond what's included in your package, additional 30-minute virtual follow-ups are available for a flat fee.