

NUTRITION COACHING PACKAGES

LEVEL 1:

Metabolic Assessment & Strategy Package

■ *Discover your strategy*

Overview

A personalized starting point designed to help you understand your current metabolic health status and daily nutrition needs, leaving you with a clear, customized plan of action.

Coaching Includes

Two coaching sessions:

- 45-minute Metabolic Assessment & Nutrition Strategy Session (In-Person)
- 25-minute Follow-Up Coaching Check-In (by Phone)

You'll Receive

- **Comprehensive metabolic lab review**
- **Personalized nutrition & lifestyle strategy** tailored to your health goals, needs, and preferences
- **Custom daily nutrition targets** for your goals
- **Personalized 7-Day Sample Meal Plan** demonstrating exactly how to put your nutrition strategy into practice
- **Starter Recipe Collection** (6–9 recipes) carefully selected to support your nutrition plan
- **Done-for-you food logging app setup** (*optional*)
- **Clear, personalized action steps** to help you confidently get started
- **BONUS:**

Complimentary Red Light Therapy Punch Card with Elysian Institute.



Investment

\$297

ONE-TIME PAYMENT

LEVEL 2:

Full Metabolic Health Coaching Program

■ *Implement your strategy with expert coaching*

Overview

A comprehensive coaching program designed to help you confidently implement your personalized nutrition plan with expert guidance every step of the way—from strategy to lasting results.

Key outcomes: Better blood sugar control, more energy, and sustainable weight loss—without lean muscle loss.

Coaching Includes

Ongoing coaching support and accountability:

- Two 25-minute 1:1 coaching sessions each month to review progress, troubleshoot challenges, and keep you moving forward.
- Meet via Zoom video calls and private messaging

You'll Receive

Everything in Level 1 nutrition services PLUS:

- **Personalized nutrition strategy with ongoing refinement** tailored to your goals and preferences
- **Custom supplement protocol** based on lab work
- **Food log reviews** with personalized feedback
- **Full Recipe Library**, 100+ interchangeable carb-controlled recipes designed to simplify meal planning
- **Complete RBN 10-Step Framework**, with education and practical tools for long-term success
- **BONUS:**

15% OFF Basic & Premium IM Injections, IV Vitamin Infusions, Red Light Therapy & Cryotherapy.
- While actively enrolled in Level 2



Investment

\$447/month

3-MONTH MINIMUM