Package Pricing

Discovery Session (20 minutes) --- Complimentary consultation

Individual Coaching Session (50 minutes each)

- Package of Three --- $375
- Package of Six --- $725
- Includes:
  - Phone or in-person sessions.
  - Summaries and suggestions for relevant articles and recipes.
  - Quick meal planning advice.
  - Spark Support - Between sessions, for when you have that in-the-moment question that is important to ease your mind, cut through conflicting information and meet your goals.

Couple or Wedding Party Coaching --- Customized based on your needs.

The highest compliment our clients can give is the referral of their friends and family.

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