

The Many Ways to Jump-Start becoming your own MVP for Better Health!

Starter	Premium (The Main Course)	Deluxe (from soup to nuts)
1 Month	3 Months	6 Months
One hour initial consult and one 30 minute follow up	One hour initial consult and two 30 minute follow ups	One hour initial consult and five 30 minute follow ups
<p><i>If you don't know how to get started for better health, choose this plan.</i></p>	<p><i>Do you need a little more encouragement to become your own MVP for better health, then choose this plan and save!</i></p>	<p>Do you need encouragement and ability to keep you inspired to be your own MVP for better health? Save more and get more with this package! Barbara will give you weekly online support rather than monthly online support, a pantry or refrigerator makeover, how to dine out without wincing, and be your Personal Food shopping coach guiding you down the supermarket aisles to gain clarity with nutrition facts labels.</p>
<ul style="list-style-type: none"> • Complete Your M.V.P. Questionnaire and monthly 3-day food & activity log and receive customized feedback • Individualized motivational nutrition counseling • Personalized portfolio of how your food choices stack up nutritionally. • Set the Sequel for Your Success with two goals to achieve 	<ul style="list-style-type: none"> • Complete Your M.V.P. Questionnaire and monthly 3-day food & activity log and received customized feedback • Individualized motivational nutrition counseling • Personalized portfolio of how your food choices stack up nutritionally. • Personalized Meal Plan • Set the Sequel for Success: monthly goal setting • Take "ACTION" for each goal. • <u>Three</u> online support sessions between follow-ups • Meal Planning Tips • Food Shopping Tips 	<ul style="list-style-type: none"> • Complete Your M.V.P. Questionnaire and monthly 3-day food & activity log and receive customized feedback • Individualized motivational nutrition counseling • Personalized portfolio of how your food choices stack up nutritionally. • Personalized meal plan • Set the Sequel for Success: monthly goal setting • Take "ACTION" for each goal • <u>Weekly</u> Online support • Meal planning Tips • Tips to dine out with confidence • Panty OR Refrigerator Makeover – a home or virtual visit (based on location) taking a deep dive into your food pantry or fridge helping you keep foods that will help achieve your goals! • Personal Food Shopping coach to help you navigate through the supermarket aisles of your favorite store.

Complimentary 30 minute phone consultation - Feedback on your one day food log!

[Download free Family Meals MVP Guide \(this is in progress\)](#)