

# the biome project

create a healthy internal | external environment

## Nutrition Consultation Process

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Topics that may be discussed during sessions include:

- Hydration
- Macro- and micronutrients
- Sugar vs fat burner
- Cooking methods
- Herbs and spices
- Different diet types
- Food designations (eg, pastured, free-range)
- Stress and sleep
- Food allergies, sensitivities and intolerances
- Supplements
- Detoxification

Typical nutrition session format (personalized to the individual):

Prior to first session, client fills out:

- Initial Interview: Confidential Client Health Questionnaire
- Nutritional Assessment Questionnaire
- 3-Day Food Journal
- Nutritional Therapy Informed Consent and Disclaimer

1<sup>st</sup> Session. Initial Interview – 60 min

- Discuss health goals and nutritional therapy
- Review health history and nutritional assessments
- Start Initial Nutrition Plan

2<sup>nd</sup> Session. Follow-up – 30-45 min

- Discuss health goals
- Feedback from Initial Nutrition Plan
- Build on prior recommendations

3<sup>rd</sup> Session. Follow-up – 30-45 min

- Discuss health goals
- Track progress and finalize Nutrition Plan
- Fill out a second Nutritional Assessment Questionnaire and 3-Day Food Journal

4<sup>th</sup> Session. Follow-up – 30-45 min

- Discuss 3-Day Food Journal and results from Nutritional Assessment Questionnaire
- Discuss Nutritional Plan and refine

Number of sessions determined according to client's need.

Sessions generally occur 2-6 weeks apart.

Pricing typically is \$75 for the first session and \$65 for subsequent sessions.

Support from nutritional changes:

- Weight Management & Athletic Performance
- Mental & Digestive Health
- Vitamin, Mineral & Fatty Acid Status
- Sugar Handling
- Cardiovascular, Endocrine, Immune & Reproductive Health

All personal health information is safeguarded and remains confidential.