

2026 SERVICE RATES

Nutrition Coaching

Nutrition coaching at TruPata Wellness is designed to support sustainable habit change, better energy, improved recovery, and healthier food choices without extremes, shame, or perfectionism. Services may be used as a standalone coaching option or added to personal training. Nutrition coaching is educational and supportive in nature. It does not replace medical nutrition therapy, diagnosis, treatment, or care from a licensed healthcare provider.

TruNourish Nutrition Coaching Options

Service	Best For	Investment
TruNourish Kickstart	Initial Nutrition Clarity Session	\$99
TruNourish Membership	Monthly Nutrition Coaching	\$299/month
TruNourish Single Session	Pay-As-You-Go Nutrition Coaching	\$125

TruNourish Kickstart Session \$99

A focused one-time session for clients who want nutrition clarity, direction, and practical first steps before committing to ongoing coaching. This session is ideal for clients who are unsure where to start or want help identifying their top priorities. This session may include:

- Nutrition history and current eating pattern review
- Goal clarification and priority habit review
- Basic nutrition education and recommendations
- 1–2 personalized action steps
- Optional 3-day food log review, when submitted in advance

The TruNourish Kickstart Session is designed as an introductory clarity session. It does not include ongoing accountability, continued food log review, written plan development, weekly check-ins, or follow-up support.

TruNourish Coaching Membership \$299 Month

For clients who want ongoing nutrition coaching, accountability, and support as they build healthier habits over time. This membership is designed for clients who want structure, consistency, progress review, and support beyond a single appointment.

Includes:

- Four 45-minute coaching sessions per month
- Weekly check-ins
- Food log review
- Personalized habit goals
- Grocery and meal structure guidance
- Supplement discussion within scope
- Monthly progress review
- Written nutrition action plan
- Accountability and support between scheduled sessions

Membership sessions must be used within the month they are billed and do not roll over, transfer, or convert to cash value unless otherwise stated in writing. Nutrition coaching is educational and supportive in nature. It does not replace medical nutrition therapy, diagnosis, treatment, or care from a licensed healthcare provider.



Nutrition Coaching Pay-As-You-Go \$125 – 60 Minutes

A focused 60-minute coaching session for clients who want nutrition guidance, education, and practical next steps without committing to an ongoing membership. This session may include a review of the Client's goals, current eating habits, lifestyle routine, challenges, hydration, meal structure, energy, recovery, and priority areas for improvement.

The Client will leave with 1–3 practical action steps to begin implementing. Single sessions may include a brief session recap or action-step summary.

Clients may schedule single nutrition coaching sessions on a pay-as-you-go basis as availability allows. Each single session is considered a separate standalone appointment. Multiple single sessions do not constitute a coaching membership and do not include ongoing accountability, weekly check-ins, continued food log review, detailed written plan development, meal planning, progress tracking, or between-session support unless otherwise stated in writing.

Nutrition Coaching Add-Ons

(for personal training clients only)

Nutrition Lite Add-On — \$75/month

Includes:

- One 30-minute nutrition check-in per month
- Monthly goal setting
- Basic food habit review
- Hydration, protein, meal timing, snack, and recovery guidance
- Optional 3-day food log review once per month

Nutrition Plus Add-On — \$149/month

Includes:

- Two 30-minute nutrition coaching sessions per month
- Weekly accountability check-in
- Food log review
- Monthly nutrition action plan
- Habit tracking
- Grocery/meal structure guidance

