

Mandi Nelson

Nutrition & Wellness Consultant

Call/Text (440) 487-8493 for free consultation
or email mandi@rockhousefitness.com

Current Members get 50% off!

	Non-Members	Members
Nutrition Counseling	\$100/month.....	\$50/month

-Includes a weekly scheduled 1/2 hour meeting via phone or skype in which I educate on nutrition topics individualized for you to gain a knowledge base on how to make smart choices while shopping and preparing food for your specific needs.

	Non-Members	Members
Health Coaching	\$200/month.....	\$100/month

-Includes weekly discussions on setting achievable goals, the barriers that got in the way, and reaching solutions to assist in your lifestyle behavior changes. Text or email check-ins per your need.

	Non-Members	Members
Pantry Product Preference	\$80/session.....	\$40/session

-Give me a virtual tour of your fridge and pantry through any method such as emails/texts of pictures, lists, snapchat, receipts, etc. I'll provide you with healthy swaps, half of which will have minimal impact on taste or cost!