



Nutritional Mindset coaching programs and pricing.

Personalized programs can radically improve your health and wellbeing. Together we will explore concerns specific to you and your body and discover the tools you need for a lifetime of balance. Check out our three program options.

Life Changer 6 months \$950-\$1200

- Bi-weekly one on one personalized sessions. (12)
- Personalized review of diagnosis and medical recommendations.
- Weekly check-ins/ E-mail support
- Meal plans and recipes.
- Handouts and other materials
- Food samples/self-care products
- Pantry and refrigerator overhaul
- E-workbook
- Monthly newsletter
- Cooking class
- Farmers market/grocery store tour



Lifestyle Upgrade 3 months \$500-\$700

- Bi-weekly one on one personalized sessions (6)
- Personalized review of diagnosis and medical recommendations
- Weekly check-ins/ E-mail support
- Meal plans and recipes
- Handouts and other materials
- Food samples and self-care products
- E-workbook
- Monthly newsletter



Lifestyle Booster 1 Month \$300

- Bi-weekly one on one personalized sessions (2)
- Personalized review of diagnosis and medical recommendations
- E-workbook
- Monthly newsletter



Nakea is a Certified Integrative Nutritional Health Coach and a Certified International Health Coach. To set up a free discovery visit with Nakea please call 207-713-5506 or visit WWW.NutritionalMindset.NET