

# Alex Gardner Nutrition LLC

## Price Sheet

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Please book your complimentary 15 minute nutrition clarity call to find out what services would be most beneficial for your journey.

Not all services/packages will fit for everyone's health goals, but this helps you have a better idea of what to expect.

All services/packages listed are cash rate prices, not insurance rate prices.

\*\*\* Your insurance may cover the cost of some or all services, this would bring the cost down on listed prices. We will discuss this during your nutrition clarity call. \*\*\*

Prices are subject to change



# ALEX GARDNER

MOTHER-BABY NUTRITION

# Mommy & Me Nutrition Care Program<sup>TM</sup>

3 Months in Program:

As low as \$180/month with insurance coverage.

Up to \$515/month without insurance.

- 1 Year Access To The Mommy & Me Nutrition Care 12 Module Video Course
- Access to Dr. Cheyenne Allen's Take The Monster Out of Milestones Video Course
- Initial 60 Minute Nutrition Assessment with Alex
- Two 30 Minute Individual Follow Up Sessions with Alex
- 12 Weekly Group Breakthrough Calls
- Lifetime Access to Members Only Facebook Community
- 12 Week Access to EatLove Meal Planning Software
- 1 Year Access to Practice Better Platform with Food/Mood/Water Journals and Nutrient Database
- Supplement Review and Recommendation
- 20% Off All Supplements

\*\*Total cost of program depends on insurance coverage\*\*



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# Nutrition Packages



## Intensive Package - Up to \$515

- Initial 60 Minute Nutrition Assessment
- 3 - 30 Minute Follow Up Sessions
- 8 Week Access to EatLove
- Supplement Review and Recommendation
- 10% Off all Supplements



## Breakthrough Package - Up to \$1,740

- Initial 60 Minute Nutrition Assessment
- 3 - 30 Minute Follow Up Sessions
- 8 Week Access to EatLove
- Supplement Review and Recommendation
- DUTCH Plus Test (hormone test)
- MRT Food Sensitivity Test
- 25% Off All Supplements



## Test Package - Up to \$935

- DUTCH Plus Test (hormone test) OR MRT Food Sensitivity Test
- Initial 60 Minute Nutrition Assessment
- 1-30 Minute Follow Up Session
- Supplement Review and Recommendation
- 10% Off all Supplements



\*\*Total cost may be lower based on insurance coverage\*\*

# A La Carte Services

Initial 60 Minute Assessment and Plan	\$200
30 Minute Follow Up Session	\$100
1 Month Access To EatLove	\$47
DUTCH Plus Hormone Test	\$650
DUTCH Cycle Mapping Plus Hormone Test	\$700
MRT Food Sensitivity Test	\$695
MRT And DUTCH Together	\$1,245



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