

Alex Gardner Nutrition LLC

Price Sheet

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.

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

Prices are subject to change



EST.

21'

ALEX GARDNER

MOTHER-BABY NUTRITION

Mommy & Me Nutrition Care ProgramTM

3 Months in Program - \$399/Month

- Lifetime Access to Members Only Facebook Community
- Lifetime Access to Nutrition Video Course
- Initial 60 Minute Nutrition Assessment with Alex
- Two 30 Minute Individual Follow Up Sessions with Alex
- Supplement Review and Recommendation
- 12 Weekly Group Breakthrough Calls
- Email/Text Support Between Sessions
- 1 Year Access to Practice Better Platform with Food/Mood/Water Journals and Nutrient Database
- 12 Week Access to EatLove
- 10% Off All Supplements

***Options to extend are available after the 3 month commitment.



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Nutrition Packages



Intensive Package - \$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 - \$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 - \$885/\$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



A La Carte Services

Initial 60 Minute Assessment and Plan	\$199
30 Minute Follow Up Session	\$90
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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