

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.

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



Nutrition Packages



Intensive Package - Up to \$550

- Initial 60 Minute Nutrition Assessment
- 3 - 30 Minute Follow Up Sessions
- 4 Weekly Meal Plans
- Supplement Review and Recommendation
- 10% Off all Supplements



Breakthrough Package - Up to \$1,800

- Initial 60 Minute Nutrition Assessment
- 3 - 30 Minute Follow Up Sessions
- 4 Weekly Meal Plans
- Supplement Review and Recommendation
- DUTCH Plus Test (hormone test)
- MRT Food Sensitivity Test
- 25% Off All Supplements



Test Package - Up to \$945

- 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 Week Meal Plan	\$40
DUTCH Plus Hormone Test	\$650
DUTCH Cycle Mapping Plus Hormone Test	\$700
MRT Food Sensitivity Test	\$695
MRT And DUTCH Together	\$1,245



EST.

21'

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