

INITIAL CONSULTATION

In this initial 60 minute session, our nutritionist will give you a comprehensive diet, medical, lifestyle and exercise evaluation and work with you to establish a nutritional plan that will help you reach your overall health and wellness goals

Member - 150 Nonmember - 165

FOLLOW-UP SESSIONS

In these 30-45 minute sessions, you will monitor your nutritional plan and continue to develop skills and strategies to attain your very specific health and wellness goals.

Member - 100 Nonmember - 115
Use CLAY Signature Sessions

METABOLIC RATE ANALYSIS

Using cutting-edge technology, you will learn how many calories you burn each day and how many you need to reach your weight and fitness goals.

Member - 125 Nonmember - 140

THE FAST TRACK PROGRAM

This 6 week program includes a comprehensive nutrition consultation, a metabolic rate assessment, 5 weekly follow-up sessions, and our customized menu design program*, from the CLAY Café. You will meet with our nutritionist weekly to make any adjustments to your plan and/or menu design so that you reach your goals. Whether you are preparing for an upcoming event or just need a jump start, this program will fast track you to a healthier lifestyle.

Member - 975 Nonmember - 1080

MARKET TOUR

With the abundance of products and product advertisement, a trip to the market can be daunting. This 90 minute service is designed to teach you how to accurately interpret your super market shelves. In this outing, our nutritionist will help you decipher nutrition labels, differentiate between similar products, and determine the most valuable foods for your individual needs.

Member - 225 Nonmember - 240

KITCHEN RENEWAL

A healthy home is part of a healthy lifestyle. Learn what to add and what to lose in your pantry. In this 90 minute home visit, our nutritionist will work with you to clean out and restock your kitchen, discuss recipe alternatives, and suggest foods that you and your family can integrate into your meals.

Member - 225 Nonmember - 240

MARKET TOUR & KITCHEN RENEWAL

Member - 425 Nonmember - 440

**cost of food is not included*