



Personalized Nutrition Packages

Purchasing a nutrition package is highly encouraged for several reasons. Most importantly, clients are more successful when there is scheduled follow-up, accountability and monitoring of goals. In addition to setting yourself up for success, you will also save as much as 25% depending on the package purchased. Nutrition packages are payable in full within 48hrs of your initial visit.

All nutrition services will be provided to you in the comfort of your home, office or other mutually agreed upon location.

Level I | 3 sessions

Includes initial 60-75 minute session and 2, 45-minute follow-up sessions

*Expires 3 months from date of purchase

Level II | 4 sessions *Better Value!

Includes initial 60-75 minute session and 3, 45 minute follow-up sessions

*Expires 4 months from date of purchase

Level III | 6 sessions *Best Value

Includes initial 60-75 minute session and 5, 45 minute follow-up sessions

*Expires 6 months from date of purchase

*Additional discounts available for follow-up packages and per session rates once all nutrition package visits have been used.

Email Shannon at LSNutritionTX@yahoo.com or call (210) 364-6542 to schedule your free 15-minute phone consultation and for package pricing information and specials.



Personalized Single Sessions

If you're not ready to commit to a nutrition package, initial and follow-up visits are available at a pay per session rate. I look forward to working with you, but reserve the right to decline a client's request for only an initial visit. I take your health and nutrition seriously, and may not be the right dietitian for you if you're looking for a "quick fix" or "magic bullet". We will work hard together to help you meet your goals.

Initial Appointment (60-75 minutes)

Individual Follow-Up Session (45 minutes) *(discounts available if purchasing after package)

Additional Services

Grocery Store Tour - 90-minute session at store of your choice

Total Pantry Makeover- 90-minute session at your house

Pantry Makeover/Grocery Store Combo (10% off individual prices)

What to Expect

Every single client is different. I do not have a specific agenda and our sessions should not feel cookie cutter. Every session, both initial and follow-up, are highly individualized. Every client has different needs, wants and goals. Your package and our time together are personalized for you to best meet your goals. Please feel free to schedule a complimentary 15 minute phone session prior to purchasing a package to ensure we're a good fit for each other.