

NUTRITIONAL PACKAGES

Thrive through Food and Nutrition begins with a nutrition evaluation. This allows us to better understand trouble areas in daily food choices and helps to encourage and motivate you toward a healthier ongoing dietary lifestyle. Thrive has a unique perspective on how nutrition and fitness can be integrated together. Michael Munson, owner of Thrive, has been a professional chef for over 20 years and brings this experience to each nutritional consultation.

1. Nutritional Package

Combined with the fitness and movement program, this ongoing educational food and nutrition program includes:

- Nutrition consultation
\$100 - A nutrition consultation provides a critical baseline of your nutrition knowledge and habits to best allow us to create future plans of action for health and wellness. The consultation consists of three components:
 1. Pre-meeting assessment. I will ask you to fill out before we meet:
 - A detailed questionnaire, which will tell me about your medical and health history, current lifestyle, and dietary practices.
 - Food journal, which will allow you to record your food consumption.
 2. Face to face consultation. I will present the information provided to create a detailed nutrition and health assessment that we can then use to discuss:
 - a. Dietary goals
 - b. Tools to reach dietary goals
 - c. Nutrition concerns and questions
 - d. Thrive Nutrition And Wellness Booklet
 3. Post-meeting follow-up.
 - a. 7-day meal plan that is created based on our face to face consultation and the assessment information provided by you.
 - b. Opportunity to continue nutritional services through Thrive's Fitness and Wellness Services

- Cooking classes: Learn how to cook delicious, simple meals in the comfort of your own home.
 - Two Lesson Introductory Course will include:
 - Day 1: Brief questionnaire about your food likes/dislikes, dietary restrictions, and health issues
 - Day 1: Pantry assessment which will help us determine a grocery list for Day 2
 - Day 2: Cooking lesson in one of the following exciting topics:
 - Kitchen Basics
 - Sensational Salads and Dressings
 - Savory Soups
 - Smoothies Galore
 - Scrumptious Breakfasts
 - Lavish Lunches
 - It's a Wrap

- Balanced Meals
 - Additional Cooking Classes
 - \$75 per 90-minute session, prices will vary for meals requiring more than 90 minutes.
- Kitchen and pantry makeover: Learn the essentials of stocking your kitchen with healthy, quick to fix foods. Find out what snacks are best to manage your weight and increase your energy throughout the day for you and your family. Un-clutter and rid your fridge of fattening and unhealthy foods. Learn how to read food labels and decipher mixed marketing messages on food packaging.
 - \$75
 - Complete analysis of the contents of your refrigerator and freezer and the foods in your pantries and cupboards.
 - Sample recipes based on assessment
 - Personal shopping lists to complete your pantry and kitchen makeover.
 - Free thrive bi-weekly newsletter
- Grocery shopping tours: I will take you on a personalized tour of your local grocery store in order for you to learn how to make wise decisions in the grocery store and stock your pantry with healthy foods.
 - \$65/session (one person)
 - \$40/person (group rate)
 - Learn how to read food labels
 - Learn how to save money and time while shopping
 - Understand how to choose healthy proteins, fats, and carbohydrates.
 - How to purchase foods that will enhance your wellbeing and energy levels.
 - Book (giveaway)

2. Private and Personal Training Package (Fitness and nutritional guidance)

Nutrition is integral to optimizing your physical fitness. Each of Thrive's fitness packages include nutritional support which includes:

- Meal ideas
 - Understanding calories, proteins, fats, carbohydrates
 - How to eat healthy on the run
 - Ordering in restaurants
 - Dealing with food cravings
 - Suggestions for healthy meals in the face of dietary restrictions (diabetes, heart disease, glucose intolerance, etc.)
 - Free online, bi-weekly newsletter with recipes and nutrition advice
3. Online fitness and nutrition package
 4. Four week Complete Transformation Program - \$145.00
<http://www.myhitechtrainer.com/michaelchi>

This complete program combines the three pillars of fitness – strength training, cardiovascular exercise, and NUTRITION. The meal plans in this program were created by registered dietitians to meet your dietary needs and facilitate your wellness program.

- a. 4 online fitness routines per week (16 total programs during the four week period)
- b. Daily personalized meal plans
- c. Dozens of delicious recipes available
- d. Weekly grocery lists specific to meal plans
- e. UNLIMITED email support
- f. One 20 minute phone coaching session per month with Michael Munson of Thrive Fitness & Wellness

We will sit down with you and work out a food and training program that fits your needs; each person has a unique goal. We work for you!