

Nutrition Coach

Do you need assistance with meal planning or finding healthy eating alternatives to support your health and wellness goals? Connect with our nutrition coach, Angela Zimmermann, today.

Angela, a certified personal trainer with over a decade of experience, is passionate about nutrition and wellbeing. She recognizes the vital link between nutrition and fitness success.

To aid clients in reaching their goals, Angela provides tailored, private nutrition education sessions that help them understand their dietary choices.

Nutrition & Meal Plan

\$270

- 30min introductory consultation to identify specific meal planning needs
- 30min follow-up consultation to review progress and make adjustments

Nutrition Education

\$135

- Two 45min sessions covering the basics of calories and macros, and how to use them to achieve personal goals

Nutrition Follow-Up & Meal Plan

\$135

- 30min consultation to review progress and update the menu plan with new recipes

Nutrition Follow-Up Consultation

\$50

- 30min consultation to discuss progress

All packages include Body Scans

