



OFFERINGS

❖ Feeler Consultation

- Your opportunity to better understand what I am offering and to feel more secure in coaching with me. (15 min.)

❖ Intake Consultation

- Once you have decided to take the next step on your journey, this helps me to truly understand your wants and needs with incorporating plant-based eating. I'll collect what I need to best serve you as your coach and you can ask whatever follow-up questions you may have about working together. (45 min.)

❖ Coaching Session

- This is where the magic happens! These sessions are our chance to dive deep into your transition, allowing me to equip you with the knowledge and confidence you need to incorporate veganism in the long-term. We will cover the logistics of transitioning as well as the mindset and emotional layer. (50 min.)

❖ Food Shopping Trip Assist

- Making the right choices at the supermarket can often be the hardest part, especially in the beginning. I will shop alongside you (either virtually or in-person), helping you to get comfortable with reading labels and making the best choices for your commitment, health, planet, and wallet. (60 min)

❖ Meal Plan Session

- If you're not used to eating plant-based, it takes time to adjust to planning your meals. For some people, taking out the animal-based ingredients is taking out the whole meal! I will work with you to plan a realistic guide for a work week's worth (5 days, 3 meals per day) of meals. (50 min.)

MONTHLY PACKAGE TIERS

- ❖ Portobello (Standard)
 - Intake consultation
 - Weekly coaching sessions
 - Valued at \$535!

- ❖ Shiitake (Extended)
 - Intake consultation
 - Weekly coaching sessions
 - Food shopping trip assist
 - Meal plan session
 - Valued at \$922!

- ❖ Porcini (Deluxe)
 - Intake consultation
 - Weekly coaching sessions
 - Food shopping trip assist
 - Bi-weekly meal plan sessions
 - VIP texting access
 - Valued at \$1,262!

PRICING

Individual Services

- ❖ Feeler Consultation: Free
- ❖ Intake Consultation: \$75
- ❖ Coaching Session: \$140
- ❖ Food Shopping Trip Assist: \$145 for first hour, +\$25 for every 15 min. after
- ❖ Meal Plan Session: \$140

1 Month Packages - Save 10%

(+\$75 for first month)

- ❖ Portobello: \$505
- ❖ Shiitake: \$760
- ❖ Porcini: \$1,090

3 Month Bundle Packages - Save 20%

(+\$75 for first month)

- ❖ Portobello: \$1,345 (\$448/month)
- ❖ Shiitake: \$2,035 (\$678/month)
- ❖ Porcini: \$2,970 (\$990/month)

6 Month Bundle Packages - Save 30% (Best Value!)

(+75 for first month)

- ❖ Portobello: \$2,350 (\$391/month)
- ❖ Shiitake: \$3,555 (\$592/month)
- ❖ Porcini: \$5,345 (\$890/month)

*+\$75 for first month' includes intake consultation

*Tiers cannot be mixed and matched in the 3 and 6 month bundle packages.