



GOOD NUTRITION WILL BENEFIT YOUR LIFE

## **Nutrition Packages Fee Schedule**

<b>1) Nutrition Bronze Package-</b>	3 visits over a 4 week (1 mo)	\$300.00
Initial visit-	(60 min)	\$155.00
2 <sup>nd</sup> visit 2 weeks later	(30 min)	\$65.00
3 <sup>rd</sup> visit 2 weeks later	(30 min)	\$65.00
1 Body Composition Test (20 min)	\$15.00 (regularly- \$30.00)	
<b>2) Nutrition Silver Package-</b>	6 visits, 3 body comp -12 week (3 mo)	\$500.00
Initial visit- w/ body comp	(100 min)	\$170.00
2 <sup>nd</sup> visit 2 weeks later	(30 min)	\$60.00
3 <sup>rd</sup> visit 2 weeks later	(30 min)	\$60.00
4th visit 2 wks later w/ body comp	(70 min)	\$75.00
5th visit 3 weeks later	(30 min)	\$60.00
6th visit 3 wks later w/ body comp	(70 min)	\$75.00
<b>3) Nutrition Intermediate- Gold-</b>	10 visits, 6 body comp -24 week (6 mo)	\$875.00
Initial visit- w/ body comp	(100 min)	\$170.00
2 <sup>nd</sup> visit 2 weeks later	(30 min)	\$60.00
3 <sup>rd</sup> visit 2 weeks later	(30 min)	\$60.00
4th visit 2 wks later w/ body comp	(70 min)	\$75.00
5th visit 3 weeks later	(30 min)	\$60.00
6th visit 3 wks later w/ body comp	(70 min)	\$75.00
7 <sup>nd</sup> visit 3 weeks later	(30 min)	\$60.00
8th visit 3 wks later w/ body comp	(30 min)	\$65.00
9th visit 4 weeks later	(30 min)	\$60.00
10th visit 4 wks later w/ body comp	(30 min)	\$65.00

*Last 3 months, shorter nutrition visits with body comp.*

## **To Schedule an Appointment – please call 954-792-7303**

Insurances accepted- Vista, Humana, Cigna, Aetna, Beechstreet, Avmed PHCS, Medicare for Diabetes diagnosis.

Please call to see if your plan covers nutrition.

**Landman & Associates, Inc.**

Alix B. Landman, R.D., M.P.H., C.D.E.

7520 N.W. 5<sup>th</sup> Street, Suite 207, Plantation, FL 33317

(954) 792-7303 • (800) 549-2549 • (954) 792-7656 fax • [www.nutritionSMARTS.com](http://www.nutritionSMARTS.com) • [www.nutrametrix.com/alixlandman](http://www.nutrametrix.com/alixlandman)



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## Individual Nutrition Fee Schedule

<b>1) Initial Comprehensive Evaluation:</b>	(60 min.)	\$155.00
In-depth Diet History/Nutritional Assessment & Evaluation		
Diet Plan, Supplement Recommendations & Educational Materials		
<b>2) Counseling Follow-Up:</b>	(30 min)	\$65.00
Intermediate	(60 min)	\$125.00
Includes review of food records, pt. weighing, recipes, and discussion.		
<b>3) Body Composition Metabolic Testing –</b>	(20 min)	\$30.00
<b>4) Personalized Weekly Menu Plan w/ Grocery Shopping List</b>		\$125.00/hr
For special dietary needs, menus with recipes can be tailored to patient's specifications and health issues.		
<b>5) Supermarket or Health Food Store Tour -</b>		\$100.00
(1-2 persons \$10.00 each additional person)		
<b>6) Food Allergy Testing- IGG Immune mediated –</b>	price varies on test selected	\$300-\$1200
<b>7) Cooking Demonstration – Individual or group (3 hour) recipes provided</b>		\$450.00
(With Food Cost and Shopping)	.....	\$600.00
<b>8) Gene SNP DNA Screening Analysis –</b>		\$300.00
Personalized Vitamin/Mineral Supplementation Based on Your Genetic Map of SNP (Single Nucleotide Morphisms)		

## All Nutrition Packages Include The Following:

1. Guidelines for Healthy Eating
2. Emotional Stressors and Eating
3. Low Glycemic Nutrition Recipes
4. Nutritional Supplementation Recommendations for Long Term Health
5. Website and Book Resource List
6. Food Journal Forms or Website Based Food Journal Entry
7. Body Composition Testing with Impedimed-(Bioelectrical Impedance Testing)
8. Membership to Nutritionismarts.com

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