



**Lisa F. Robinson, MS, CR**  
**Nutritionist and Reflexologist**

1550 W. Rosedale Street

Medical Tower, Suite 620

Fort Worth, Texas 76104

817.335.HEAL (4325)

## Clean Eating Food Plan - \*\$495

<b>Test/Service</b>	<b>Cost</b>	<b>Savings</b>
<b>Initial Consultation</b> - 45 minutes Preliminary survey of lifestyle Observation of health with physical examination How to prepare for metabolic testing	\$110	\$25
<b>Metabolic Type Test</b> (What kind of diet? Low Carb, High Protein) Food List (Vegetables, Fruits, Grains, Meats) Grocery List (Groceries to avoid) Sample Menu If any vitamins, minerals, or enzyme deficiencies <b>Nutrition Consultation</b> - 30 minutes Food – habit counseling Journal review Setting health goals and how to obtain them Groceries Learn how to read labels and avoid them Calorie Distribution Carbohydrates Proteins Fats Focus on decreasing caloric intake Portion Sizes How much should you be eating? Improving immune system <i>*cost of nutritional therapy</i>  Dietary supplement recommendation (average cost per month \$65)	\$200	\$75
Body Fat Analysis	-	\$5
6 Nutrition Consultation Follow-ups Nutrition Consultation -15 minutes Phone Consultations: 1wk, 6wk, 10wk Office Visits: 4wk, 8wk, 12wk Review of journal 12 wk – (Check: Weight/Body Fat/Pulse/Blood Pressure)	\$180	\$90
Program cost without supplements	<b>*\$495</b>	<b>\$195</b>
<i>*Average cost of remedies per month \$65</i>		
Add 6 therapeutic reflexology treatments for only \$230		

*Be patient with yourself. Take care and be well.*