

The Empowered Loss

This program is built on the principle of bio-individuality—because no two bodies are the same, your weight loss journey shouldn't be either. By focusing on personalized nutrition strategies and realistic, sustainable lifestyle changes, this program helps you lose weight in a way that works for your body, not against it. No fad diets, no one-size-fits-all plans—just a science-backed, supportive approach to lasting results and long-term wellness.

Premium Package

- Personalized Nutrition Plan

Tailored to your body type, metabolism, dietary preferences, and goals—no cookie-cutter meal plans.

- Initial Assessment & Bio-Individuality Profile
- Comprehensive intake to understand your unique biology, lifestyle, and challenges.
- Weekly Coaching Sessions (1:1 or group)
- Ongoing support, accountability, and guidance to keep you on track and motivated.
- Sustainable Habit-Building Framework
- Step-by-step strategies to implement real change that sticks—without extreme restriction.
- Custom Grocery Lists, Meal Ideas and Eating-Out Information
- Practical tools that align with your plan and preferences, making healthy eating easy and enjoyable.
- Mindset & Behavior Support
- Tools to overcome emotional eating, stress habits, and self-sabotage patterns.
- Gentle fitness guidance based on your energy levels and goals—no high-pressure fitness regimens.
- Progress Tracking & Adjustments
- Texting Availability During Business Hours

\$600/Month

Health is Wealth

WELLNESS THE RIGHT WAY

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