



Genetic Meal Plans



I would be happy to create a custom meal plan for you based on your genetics. I have listed my prices below. Should you decide to move forward, once I have your order, I will send you a meal planning assessment form and provide you with a link to schedule your 30-minute coaching session.

All meal plans include one 30-minute coaching session. During this consultation, we will review your metabolic and dietary genes at a high level and discuss your custom genetic meal plan.

▶ **PLAN A: KICKSTART - \$170**

One week personalized genetic meal plan that includes three meals per day (or two if fasting).

▶ **PLAN B: RESET - \$290**

Three week personalized genetic reset meal plan that includes three meals per day (or two if fasting).

▶ **PLAN C: FULL MONTH RESET - \$365**

Four week personalized genetic reset meal plan that includes three meals per day (or two if fasting).

What is a Custom Genetic Meal Plan?

A custom genetic meal plan is a recipe program based on your individual genetic information and considering your weight and required nutritional macros, specifically saturated fat, protein, and carbohydrates. Each week includes a variety of meal options to choose from, with some repetition throughout the week to ensure we achieve your genetic requirements. Since each recipe is customized to your exact needs, you are free to either repeat or skip recipes. Each plan is not only customized to suit your genetics, but also takes your taste preferences into consideration; however, your preferences are not always the foods that will suit you best. For example, if you are a big red meat eater and your genetics indicate a smaller need for protein, your plan will recommend other protein sources while still including red meat recipes when possible. Rest assured that we do our very best to share simple, easy-to-prepare recipes that are both flavourful and perfectly suited to your genetic needs.