



Nutrition Services

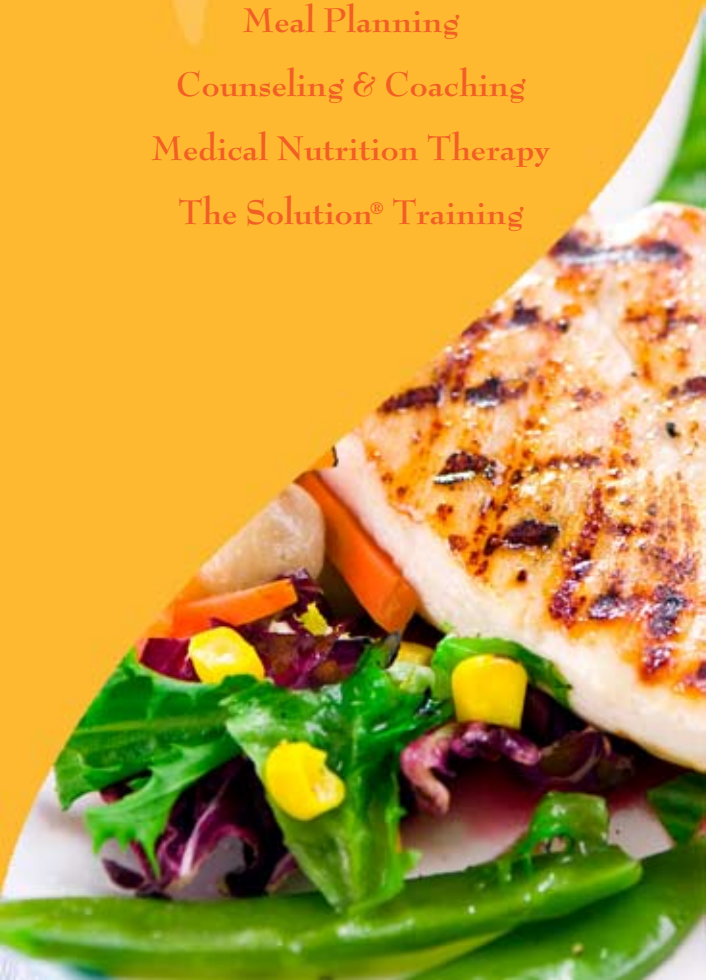
Education

Meal Planning

Counseling & Coaching

Medical Nutrition Therapy

The Solution® Training





Salzer Nutrition, LLC Practice Information

Hello and welcome to my practice! I am a Registered, Licensed Dietitian with over 20 years of experience providing nutrition support for individuals and groups. I received a Master's of Science degree in Nutrition from the University of Central Oklahoma and a Bachelor's of Art degree from Randolph-Macon Woman's College. I've worked in a wide variety of settings from hospitals and clinics to physician's offices and cancer treatment centers.

My goal is to enhance the quality of your life. I believe nutrition changes need to be individualized to suit your personal objectives and needs. I will assist you with practical, realistic strategies that will result in long-term success.

Please look over the variety of services I offer to see if one would meet your particular need. Whether you choose to join a nutrition or cooking class, come for nutrition coaching or start Solution® training, you are on the path to enjoying a more healthful life!

I hope to meet you soon!

Kristie Salzer MS, RD, LD/N

Nutrition Education

Come enjoy the company of a small group while learning the latest information regarding nutrition and health. Topics may include Healthy Hearts, Fabulous Family Fare, and Nutrition and Mood, etc.

Nutrition Class – \$40 per session
(Includes materials and refreshments)

Cooking Class – \$50 per session
(Includes recipes, samples and materials)

The Meal Planner

Are you tired of planning meals for your family? Would you like to have one place to go to find a menu and recipes designed just for your family's needs and desires? The Meal Planner begins with a meeting to determine your preferences and lifestyle needs. Then I will develop custom meal plans for you that are nutritionally balanced and great tasting. After all, life is too short to eat food that isn't satisfying and delicious! Recipes and shopping lists are included in a booklet that you can use over and over again. You have the option of choosing a five-day (one week), ten-day (two week) or 15-day (3 week) menu, depending on your needs.

Five day \$249

Ten day \$359

Fifteen Day \$469





Nutrition Counseling & Coaching

The goal of nutrition coaching is to provide practical and realistic strategies that are developed with self-empowerment in mind. These sessions are client-focused as you play an active role in developing an individualized plan to meet your personal nutrition goals.

Initial Appointment (60–90 minutes)	\$125
Follow up (50 minutes)	\$110
Follow up (30 minutes)	\$65



Medical Nutrition Therapy

For nutrition management of a medical diagnosis, e.g., heart disease, gastrointestinal disorders, diabetes, gestational diabetes, post gastric bypass surgery or eating disorders.

Initial Assessment (60–90 minutes)	\$125
Follow up (50 minutes)	\$110
Follow up (30 minutes)	\$65



The Solution[®] Training

The Solution[®] Method was developed at the University of California, San Francisco, School of Medicine. It is the only weight treatment that has shown continued weight loss after the program ends. Health magazine named it one of the “10 Top Medical Advances of the Year.” The Solution[®] Method was featured on “Oprah” and is based on The New York Times bestseller, “The Pathway” by Laurel Mellin (www.thesolutionmethod.org). The method is effective in treating overeating, over drinking, smoking, over spending, over doing, people pleasing and other outside comforts.

I am a Certified Solution® Provider and offer the following programs.

Orientation Free

Wired for Joy \$179 for 4 group sessions

An introductory course that will get you started on the pathway. This can also be completed through individual coaching sessions.

The Solution® for Weight

\$358 for 8 group sessions

This specialty course enables you to learn the skills to jump start your weight loss and feel the immediate affects of less stress and more joy. Prerequisite for this course is Wired for Joy.

Solution® Groups (Advanced Training)

\$499 for 12 group sessions

With the support of a Solution® Provider, participants practice using the skills and work through Kits 1-6 while experiencing the warmth of a group setting. Prerequisite for this class is Wired for Joy.

Solution® Coaching

\$110 for 50 minutes; \$65 for 30 minutes

Individual coaching for additional support anytime during training.

If preferred, a nutritional consult can be held over the telephone.

All major credit cards accepted.

Payment plans available.

There is a 24-hour cancellation policy. If you have not contacted me to cancel your appointment 24 hours prior to your scheduled time, you will be billed for ½ of the consult rate.



Contact Information

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Salzer Nutrition, LLC

Nutrition Counseling
and Education

Certified Solution[®] Provider

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