



If you have had **ANY** of these thoughts, reach out to the Dietitians at P.lampietroNutrition and/or Sweetwater Behavioral Health and Wellness to find the right personal approach to your nutrition and health needs. This is NOT a diet plan but learning to eat in a healthy way. We are offering flexible options to help you achieve your goals.

## Nutrition Coaching & Accountability

### Accountability Packages:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><b><u>Individual Package:</u></b></p> <ul style="list-style-type: none"> <li>● Meet one-on-one with a coach.</li> <li>● One (1) 45 minute Coaching session.</li> <li>● Weekly email check-ins or access to your coach.</li> </ul> <p style="text-align: center;"><b>\$125 for 1 month</b><br/>(Renewable to continue as needed)</p> <p style="text-align: center;">Coaching Package + Group Meeting for \$150</p> | <p style="text-align: center;"><b><u>Group Meeting*:</u></b></p> <ul style="list-style-type: none"> <li>● Meet with a small group (4-6) people on a similar path with a Coach.</li> <li>● One (1) 1-hour meeting.</li> <li>● Get support and ideas.</li> <li>● Contents or topics will vary based on the group's interests and goals.</li> </ul> <p style="text-align: center;"><b>Meeting Only \$35</b><br/>(<b>\$25 if attended in conjunction with the Individual Coaching Package</b>)</p> <ul style="list-style-type: none"> <li>● <b>Will be starting fall 2022</b></li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



P. Lampietro Nutrition, LLC



To inquire or register, visit  
[www.iampietronutrition.com](http://www.iampietronutrition.com)