

Nutrition Solutions

12911 120th Avenue NE • Suite B50 • Kirkland, WA 98034 • (425) 825-8088

Services and Fees for Debie McSperitt RDN, CD

Office hours are on Saturdays from 10:00 AM – 5:00 PM or by special arrangement.

Initial Consultation - \$215.00

- 60 minute appointment
- Collect information on medical and social history, dietary habits, and lifestyle
- Screen for nutritional risk
- Prioritize health and nutrition goals
- Present initial recommendations

Follow-up Visit - \$140.00

- 60 minute appointment
- Discuss progress
- Reassess health goals
- Modify or add recommendations as needed

Special Package Pricing

3-Sessions \$295.00 – Includes initial consultation and two follow-up appointments

- Must be used within three months of purchase

5-Sessions \$475.00 – Includes initial consultation and four follow-up appointments

- Must be used within five months of purchase

Telephone/E-mail Question - \$25.00

- 15 minutes
- Response within 24 hours
- Intended to answer additional questions after initial consult or to provide support for current patients

Shopping Tour - \$95.00

- 60 minute tour in the Kirkland, WA store of your choice
- Assist with reading food labels
- Propose meal planning ideas
- Introduce unfamiliar foods