



# CONSULTING RATES

INITIAL CONSULTATION  
**\$100**



Discuss your health goals, allergies, sensitivities, eating preferences and diagnosis.

ONE-WEEK MEAL PLANS  
**\$80**

Customized menu plan: recipes, nutritional info, and shopping list.

SIMPLE, HASSLE FREE &  
CUSTOMIZED

Delivered to your inbox  
within 10 days.

[www.michellemarshall.ca](http://www.michellemarshall.ca)  
[info@michellemarshall.ca](mailto:info@michellemarshall.ca)

**416-458-0956**