

Client SERVICE PRICING



WELLNESS THAT FITS, LLC

wellness
THAT FITS



WELCOME

I work with busy moms who...

- Feel overwhelmed by the demands of everyday life, struggle to manage their time and prioritize what truly matters
- Wake up every morning **exhausted** before the day has even begun
- Question whether they and their families are getting the nourishment they need at mealtime
- Battle with Mom guilt: **torn between spending quality time with loved ones and meal prepping** to create healthy meals
- Start their days full of good intentions to make changes, but by evening, feel too exhausted to follow through on their goals
- Feel overwhelmed by the idea of meal prepping in advance and don't know where to start—whether it's creating shopping lists, finding new recipes, or organizing their kitchen to make meal prep easier
- Feel stuck in a cycle of exhaustion, disorganization, and frustration, knowing they want to prioritize their health and their family's well-being—but are uncertain of where to begin



MEET YOUR COACH



Cassie Groeschl, MS, RDN, CD

Registered Dietitian Nutritionist

✉ cassie@wellnessthatfits.com

Hi! I'm Cassie, a Registered Dietitian, and I absolutely love to meal plan and transform my grocery cart items into delicious, nutritious meals and snacks! I've spent years of my life studying the science behind nutrition and am passionate about translating that science into practical strategies you can apply to your busy life. What you eat affects everything. From your energy, to your mood, to your immune system: your nutrition has a profound effect on your life and what you can accomplish.

Nutrition can fuel your goals!

I help busy moms overcome exhaustion with holistic nutrition, meal prep, and wellness routines--so they can be energized, productive, and fully present for what matters most.

You have enough to juggle in your life. Let me help you with your nutrition. My job is to make it easy for you to figure out which foods will make you feel your best and nourish your family. Then I guide you on your journey to gain confidence in your food choices.



SERVICES OFFERED

- Initial Assessment to go over health history and intake forms, and develop a realistic plan (1 hour)
- Personalized behavior change coaching to create sustainable nutrition habits
- Support and accountability from a dietitian coach who cares about you
- Resources and handouts you can keep forever (healthy snacks, recipes, meal planning tips, etc.)
- Adjustments to your plan over time as needed
- Email support for any questions or guidance you may need

Essential Nutrition Coaching

For those who need guidance and accountability but prefer a lower-touch approach.

- Every other week 30 minute 1:1 coaching sessions (Zoom)
- Personalized action steps after each session
- Email support check-in once/week available

Minimum 3 month commitment

\$300/mo

Pay in Full Discount = \$850
6 month discount = \$275/month

VIP Nutrition Coaching

For those who want more personalized support, accountability, and faster progress.

- Weekly 30 minute coaching sessions (Zoom)
- Personalized action steps after each session
- Unlimited email support (within business hours)
- Custom monthly meal plan

Minimum 3 month commitment

\$400/mo

Pay in Full Discount = \$1150
6 month discount = \$375/month

Membership

For those who want full access to personalized coaching and support (highest-touch point)

- Weekly 30 minute coaching sessions (Zoom)
- All VIP perks
- Full access to the Busy Mom Meal Prep Course
- Discount on other offerings
- Access to Private Membership Page

Minimum 3 month commitment

\$500/mo

Pay in Full Discount = \$1400
6 month discount = \$475/month



NEXT STEPS



Thank you!

Let's hop on a discovery call to determine which service would be best for you and make the biggest impact in this season of your life. Email me and I'll send you a link to schedule a call!



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