

Rooted Nutrition

with Nikko

Regardless of the package you choose, my coaching approach is holistic rather than symptom-focused. We look at the whole woman - lifestyle, nourishment, movement, stress, habits and rhythms - and create simple, supportive, sustainable change.

THE ROOTED CHECK-IN

One-Time Session
- 60 Mins \$75

For the woman who feels she may just need a connect the dots - nutrition, lifestyle, or habits - and/or wants a realistic look at what working with a nutrition coach feels like.

THE ROOTED INSIGHT SESSION

Full Intake + Report - \$195

For the woman seeking clarity and action steps to address symptoms or struggles, without the need for ongoing accountability but rather a personalized *how to* report.

THE ROOTED FOUNDATION

One Month Coaching
Package - \$325

This is for the woman ready to build strong foundations and implement change with guidance, structure, support. One month of coaching to connect the dots and create sustainable momentum.

THE ROOTED RESULTS PATH

3 Month Coach Experience

This is a high-touch, data-driven protocol designed for the *do it all* women who does not need more information- she needs measureable results. Together we use science, strategy and simplified execution to support your hormones, increase energy, and rebuild a body you feel powerful leading in - without overwhelm.

If you're feeling overwhelmed, disconnected from your body, or unsure where to start - we begin by getting you *rooted*.