

Hart Centered Nutrition – Pricing Overview

Service	Price	Description
Initial Assessment (90 minutes)	\$175	A comprehensive intake session covering history, hydration, nutrition, mindset, and goals.
Follow■Up Sessions (60 minutes)	\$120	Ongoing one■on■one clinical guidance and support.
12■Week Rebalance & Restore Program	\$995 or \$375/month (×3)	A structured, personalized 12■week journey using The HCN Method™.

If you're ready to begin your journey toward improved metabolic health, hydration, and sustainable wellbeing, please reach out. All sessions are conducted via Zoom and tailored to your individual needs.

Contact: info@hartcenterednutrition.com