



## **Essence Nutrition @ MCOR Menu of Services**

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Diets are out; sustainable LIFESTYLE change is in!

It's important to self-assess and think - what do I REALLY want with food/nutrition/health? Is my image of my own body influencing this? What did I love and not like about my past work with other professionals? How will work in tandem with my partner, roommates, or friends on this? Whether it's weight loss, weight gain, cleaning up your act, or managing a disease - where there is a WILL, there is a WAY!

Weight is completely frivolous and irrelevant, if you ask me. I just want to make sure you are eating and moving to the BEST of your realistic abilities, develop a healthy and fulfilling relationship with food and movement, and eat in a way that banishes shame, anxiety, and guilt.

I practice client-centered work, so we'll work within YOUR food world; not a "prescription" you can find online.

*Here's how it works:*

I'll email you a link to an intake form where you'll describe your "lay of the land." We'll begin with going over this and together, we'll discuss your nutrition goals and visions. Then, we'll write your

exercise plan (not specific movements, just days / times per week of things you envision), your supplement recommendations, your suggested reading/films (welcome back to school!!) and any professional referrals we propose (trainers, chefs, doctors, therapists, etc.)

We'll go over your "ground rules" - like: avoiding some things that plague you and recommending substitutes for such, including portions, and brands. This will be done categorized by food group and where we discuss it). For example; we may recommend specific fruit intake to x servings per day and recommend specific fruit at specific times.

THEN, we'll get into your individual meal plan rubric. We must stress- everyone is dying for a meal plan. Dietitians HATE meal plans. You can't live your life according to a plan / piece of paper (do you live PRECISELY according to the Bible? Nah!) This will provide guidance but will ultimately become stifling. We would rather teach you how we view food and intake and teach you how to CHOOSE foods at certain times and meals. CHOICE is everything. Any monkey can create a meal plan, but only cognitive and reasonable human beings can make food choices.

Over time in follow-up sessions (30 minutes) we get into:  
Dining out, travel, special events, recipes, mindful + intuitive eating training, and tweaking your goals and recommendations.

I know - it's a LOT! But food is so central to who and what you are, it's impossible to address food as an isolated variable. Success comes to those who commit and prioritize.

*Fees and Packages:*

### **Essence Drop-In; A La Carte**

We meet one on one to discuss your health and nutrition goals and create a plan to get you started, at your own pace! We'll discuss exercise, supplements, referrals to other health professionals, and lay some ground rules. You'll walk away with a personalized plan and your head will be swimming with all of those fresh nutrition ideas.

60 minute session, in-person at my office or via phone/Facetime

\$285.00, per person

### **Essence Eavesdrop; A La Carte**

I'll answer any questions you may have about the process of nutrition coaching, learn about your goals to see if it's a match, and to explore what we can manifest together! This is also perfect if you just have a laundry list of questions you want answered stat.

\$140.00, 15 minute call or FaceTime

### **Essence Follow-Up; A La Carte**

We discuss goals and progress since the previous session and construct strategies to navigate trouble spots. We'll polish up your meal plan as well.

30 minute session, in-person or via phone/Facetime

140.00, per person, per hour. You can schedule these weekly, every other week, or once/month at your disposal.

### **Nutrition Concierge ON DEMAND**

Nutritional guidance in your pocket, 24/7. Log your meals in an easy app with my immediate feedback. No appointments required after an initial! Just you and me on your own time.

Includes; 24/7 feedback and analysis of menus dining out on demand, ability to ask any and all questions, recipe suggestions, etc.

\$75.00 per month per person; can be done with any session or package

### **Essence Nutrition MEAL PLAN Butterfly Cocoon Club**

A weekly e-mail with TWO full days (breakfast, lunch, + dinner) of meal prep guides, recipes, grocery lists, and support if you need a swap!

\$30.00 per month

### **Essence Boost Membership**

One initial + 3, 30 minute follow-ups (One initial; 2-3 weeks later + 2-3 weeks later!)

We'll get into your cooking recipes, your local restaurant haunts, strategies for events like weddings, parties, travel and cocktail hours.

\$650.00, per person

### **Essence Red Carpet Membership**

Here, you'll be educated just like a miniature dietitian. You'll learn how to make these habits stick and build a permanent healthy lifestyle with a LOT of involvement from your dietitian.

One initial + 6, 30 minute follow-ups; scheduled every other week or weekly

\$1000.00, per person

### **Grocery Store Tour**

Shop like a dietitian - let's walk around Wynn's or Publix section by section (with notepads!) and speak about all the foods that belong IN and OUT of your shopping cart. I'll also spill all the

beans (pun intended) about how I shop at the grocery. All questions will be answered along the way as well; and nothing is silly or weird to ask!

\$285.00

### **Home Pantry Cleanout**

Sometimes, you need Ghostbusters..err..pantry busters. I'll visit your home and together, we will throw out all the unfortunate food items together! We'll make recommendations on how to re-stock your pantry and refrigerator with wholesome foods and really get into reading/decoding nutrition labels.

\$285.00

### **Nutrigenomix Nutrition Genetic Testing**

A cutting edge saliva test which tests 45 genes related to nutrition and health and reports how your DNA allows you to metabolize certain nutrients. This will greatly guide and target our nutrition therapy work together and maximize your wellness therapy.

[www.nutrigenomix.com](http://www.nutrigenomix.com)

\$398.00, per person

**You can use any flex spending/HSA cards because we take all credit cards.** (As well as Venmo, PayPal, checks and cash.) **We do not accept any insurance.**

**Looking forward to working with you! Please set up with Pam or through the MCOR online portal to set up your initial appointment.**