

Ketogenic Experts



Virtual Nutrition Coaching

Our Packages

Keto Starter/Rebuilder Program (\$2125)

3 month (10 calls) program for anyone new to keto or in need of an "overhaul" to their ketogenic therapy.

Premium Concierge Package (\$3225)

Keto Starter/Rebuilder Program PLUS concierge service, night & weekend appointments (13 calls), direct texting to your dietitian, and premium meal planning.

Five-Call Keto Enhancement Package (\$1000)

1 month (5 calls) program for those already on a ketogenic therapy and would like professional support to revise and revamp their plan to achieve optimal ketosis.

One Hour Ketogenic Diet Consultation (\$200)

60 minute video consult to review your current ketogenic therapy and provide optimization suggestions for best results.

Jump-Start Assessment Call (\$50)

20-minute interview to assess the best dietitian and program fit for your individual situation.

Why Choose Us ?

- ✓ Team of 10 Ketogenic Specialists/RDNS
- ✓ 95 Years of Combined Keto Experience
- ✓ Convenient Virtual Appointments
- ✓ Email Support Between Appointments

Monthly Memberships

Keto maintenance and monitoring monthly and quarterly memberships are available to graduates of all programs. Prices range from \$150-300/month.

- Monthly or quarterly check-in calls
- Laboratory monitoring
- Diet review and Accountability

Group Classes

Group classes for those seeking ketogenic therapy. The format includes 2 individual sessions with a RDN PLUS 4 group classes. Classes are limited to 10-15 participants. Cost = \$600

Contact Us to Schedule