Integrative Nourishment

Fee Schedule

Individual Nutrition/Psychotherapy Appointments with Ying Yu

- Intake/first appointment (50 minutes) — $275; $200 (out-of-pocket discounted rate)
- Follow-up session (50 minutes) — $245; $175 (out-of-pocket discounted rate)

Couples/Family Counseling Appointments with Ying Yu

- Intake/first appointment — $275; $225/hour (out-of-pocket discounted rate)
- Follow-up session — $245; $195/hour (out-of-pocket discounted rate)

Appointment with an Associate Nutritionist/Counselor
$135/hour

Menu planning/meal creation
$95/hour

Private cooking class
$95/hour, $110 for two people

Grocery tour/ pantry overhaul /cooking package
$175 for one person, $195 for two people
(one pantry only)

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