

*Hi there*

**Welcome to  
Chews Food Wisely!**



**I'm Nicole-** mom of 3,  
Registered Dietitian  
Nutritionist, college professor,  
and owner of  
Chews Food Wisely.



**This is Emily-** mom  
of 2, Nutritionist &  
Licensed Dietitian,  
and my right hand gal

**We're SO glad you're here!**

# The CFW Process

## Step One: Initial Assessment

This private 1:1 session is the first and most important step in creating your personalized plan of care. We'll take a deep dive into your health history, symptoms, labs, and lifestyle to uncover what's really driving how you feel... and what to do about it!

### During this session, we'll explore your:

- Your unique story
- Current symptoms and when they began
- Sleep, stress, and exercise patterns
- And, of course, FOOD!

### You'll walk away with:

- Targeted nutrition and lifestyle action steps you can start immediately
- Insight into how your symptoms connect to your digestion, hormones, and metabolism
- A written summary so you leave with clarity and confidence
- A clear understanding of your next steps, which may include specialty lab testing, food logging, or ongoing support

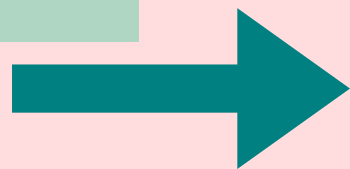
After your session, we'll provide a suggested plan that may include additional labs or follow-up visits to ensure you continue moving toward your goals.

The investment for this session will be applied toward your personalized package, if applicable.

Ready to book? [CLICK HERE](#)

**\$299**

## Step Two: Your Unique Plan



# The CFW Process

## Step Two: Your Unique Plan

### Initial Assessment

After the Initial Assessment, you'll be directed to the best path for you!

Root-Cause Review

Full Access Functional Nutrition

	Root-Cause Review	Full Access Functional
Program Length	2 months	4 months
# of Follow Up Visits	3	7
Private Chat Access	✓	✓
Food Logging w/ Feedback	✓	✓
Personalized Meal Ideas & Recipes	✓	✓
HTMA Test (mineral analysis)	✓	✓
Blood Labs Included	✓ LabCorp CFW Nutritional Screen	✓ Option to upgrade to Vibrant Micronutrient Analysis*
GI MAP Stool Analysis	✗	✓
Access to hormone & other functional labs	✗	✓
Supplement Recommendations	✓	✓
Alumni Continuation Plans	✓	✓
Payment Plans	Up to 4 months	Up to 6 months
Expected Client Cost	<b>\$1697*</b> (or \$425/mo x 4 months) (After Initial)	<b>\$4497*</b> (\$750/mo x 6 months) (After Initial Assessment)

\*Prices can vary depending on amount of labs ordered.  
If you have labs already, cost will be deducted.

# What is Functional Lab Testing?

We order unique nutrition and metabolic lab tests because they let us peek under the hood of your body.

They help us figure out what's really causing your symptoms so we're not just guessing. Knowing your unique imbalances means we can create a plan that actually works and get you feeling better faster. [Click HERE](#) to see the labs we often order for our clients.

## I've seen a nutritionist. How is CFW different?

We are educators at heart! This isn't just about telling you to "eat this, not that", rather is about teaching you how to easily integrate nutrition into your life in a way that makes sense for your body and your lifestyle! This isn't a one-size-fits-all plan or a list of foods to avoid. Functional nutrition is personalized, based on your data, habits, and your body's signals. Most clients come to us after trying everything else and finally find clarity here.

# CFW FAQ

## **Between-Visit Support**

You're not left to figure things out alone between visits – we stay connected every step of the way.

### **Private Patient Portal:**

Once we begin working together, you'll gain access to your personalized online portal (through the Practice Better app). This is where you'll complete weekly self-paced check-ins and, if you'd like, track your daily food intake. Through photo uploads of your meals and private chat support, we can visually assess your intake, celebrate your wins, and make meaningful tweaks as needed. This ongoing feedback helps us track progress, identify patterns, and stay focused on what matters most in your healing journey.

### **Feeling Overwhelmed by Nutrition?**

We get it – there's so much noise out there that it's hard to know where to start. That's why we created the Members-Only Education Center, your one-stop hub for mastering nutrition foundations. After our initial session, you'll be assigned online learning modules and materials to help you build confidence and clarity around food – so our time together can be focused on deeper, more personalized work.

Topics include:

- What to eat, when to eat, and what not to stress about
- The B.R.A.I.N. Method (Blood Sugar Balance, Regulating Inflammation, Adrenal Resiliency, Intestinal Support, and Nutrient Repletion)
- How to build balanced meals for steady energy and lasting results (no more dieting!)
- Navigating real-life situations like dining out or traveling
- Labs worth requesting at your next annual check-up
- Sample meal plans, recipes, and practical resources for sustainable change

### **If You Lose Motivation or Feel "Stuck"**

That's exactly what we're here for. During our time together, you'll have unlimited access to us through your private chat portal. You'll also receive weekly and monthly emails with encouragement and reflection prompts to help you reconnect with your "why."

We'll always meet you where you are – helping you make subtle, realistic shifts that fit your life, not the other way around. Progress, not perfection, is the goal.

### **Payment Options**

We accept HSA/FSA cards, cash, check, credit/debit, PayPal, Venmo, and Zelle. While Chews Food Wisely, LLC doesn't bill insurance directly, we're happy to provide Superbills, itemized receipts, or any documentation you may need to submit for potential reimbursement.

**Payment plans are available** (credit or debit card required) and are broken into equal monthly payments to make your investment more manageable.

### **Will I Get a Personalized Meal Plan?**

Yes... and no. You'll have access to a recipe banks filled with personalized, whole-food meals that align with your goals. But more importantly, we'll teach you how to eat – not just what to eat. Strict meal plans rarely work long-term. Our goal is to help you understand your body and make confident food choices for life.

Think of it like this: "Give a woman a fish and feed her for a day. Teach her to fish and feed her for a lifetime."

You'll walk away knowing how to build balanced plates, tune in to hunger cues, and nourish yourself in any situation – without overthinking it.

### **How Our Meetings Take Place**

All appointments are held virtually through our private Zoom room inside the **Practice Better** app. Once your sessions are scheduled, you'll receive automatic reminders with a secure link to join – no tech stress required.

### **What Labs Are Included in My Package?**

Your package includes a lab allowance, which we'll use strategically based on your goals, medical history, and current symptoms. We'll always prioritize labs that provide the greatest clarity and impact for your unique situation.

If additional or follow-up labs are needed beyond your allowance, they'll be offered at wholesale practitioner pricing (billed separately).

**Please note:** the cost of blood draws is not included and typically ranges from \$30–\$70, depending on your location.

### **What You'll Walk Away With**

By the end of our work together, you'll have:

- A clear understanding of the nutritional therapies that best support your body
- Clarity on how and why your symptoms developed – and the tools to address the root cause
- Practical nutrition life skills: balancing your plate, stabilizing blood sugar, using therapeutic foods, and more
- Personalized protocols tailored to your needs (from supplement strategies to targeted elimination diets)
- Confidence in your choices and the freedom to nourish yourself without second-guessing