



## Fee Schedule

### Individual Nutrition/Psychotherapy Appointments with Ying Yu

- Intake/first appointment (50-75 minutes) \$275  
\$185 (out-of-pocket discounted rate)
- Follow-up session (50 minutes) \$245  
\$155 (out-of-pocket discounted rate)
- 4-session package \$580 (\$145/session, \$70 savings)
- 8-session package\* \$1120 (\$140/session, \$150 savings)
- 12-session package\*\* \$1620 (\$135/session, \$270 savings)
- 24-session package\*\*\* \$3000 (\$130/session, \$630 savings)

### Couples/Family Counseling Appointments with Ying Yu

- Intake/first appointment (75-90 minutes) \$275  
\$245 (out-of-pocket discounted rate)
- Follow-up session (75 minutes) \$245  
\$195 (out-of-pocket discounted rate)
- 4-session package \$740 (\$185/session, \$90 savings)
- 8-session package\* \$1440 (\$180/session, \$170 savings)
- 12-session package\*\* \$2100 (\$175/session, \$290 savings)
- 24-session package\*\*\* \$4080 (\$170/session, \$650 savings)



**Appointment with Associate Nutritionist/Counselor, Grace Lautman**

\$125/hour

**Menu planning/meal creation**

\$75/hour

**Private Grocery Store Tour (3 people max)**

\$75/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)