



Fee Schedule

Individual Nutrition/Psychotherapy Appointments with Ying Yu

- Intake/first appointment (50-75 minutes) \$275
\$200 (out-of-pocket discounted rate)
- Follow-up session (50 minutes) \$245
\$165 (out-of-pocket discounted rate)

Couples/Family Counseling Appointments with Ying Yu

- Intake/first appointment (50-75 minutes) \$275
\$225 (out-of-pocket discounted rate)
- Follow-up session (50 minutes) \$245
\$185 (out-of-pocket discounted rate)

Appointment with an Associate Nutritionist/Counselor

\$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)