

erica evans

HEALTH COACHING

GROUP FOOD CHALLENGE HEALTH COACHING (5 person minimum)

Basic Package ~~\$100~~ \$90

- > Email/Online coach support
- > 5 informative 1 hour group support sessions
- > Additional resources and materials

Plus Package ~~\$150~~ \$100

- > Basic Package
- > Group food shopping tour

INDIVIDUAL FOOD CHALLENGE HEALTH COACHING

Basic Package ~~\$200~~ \$180

- > Email/Online coach support
- > 5 informative 1 hour individual support sessions
- > Additional resources and materials

Plus Package ~~\$250~~ \$200

- > Basic package
- > Private food shopping tour

Premium Package \$300

- > Plus package
- > Option of Kitchen Clean-Out OR Meal Prep Assistance Session

ADDITIONAL INDIVIDUAL SERVICES

Private food shopping tour \$60

- > Tour 2 grocery stores to learn what to look for, what to avoid, a bit about food labels, and more.

Kitchen clean-out \$60

- > 2 hours of help cleaning kitchen out of non-compliant foods/beverages to avoid temptation

Meal prep assistance session \$60

- > 2 hours of meal planning and meal preparation guidance

ONGOING INDIVIDUAL HEALTH COACHING


Session ~~\$40~~ \$30, which will include:

- > Deeper exploration of nutrition and lifestyle topics
- > Recipe ideas, menu planning, and/or demonstrations personalized to interest and experience of client
- > Identifying personal goals as they relate to health and wellness, and exploring strategies to reach those goals
- > Discussion and Q&A

ADDITIONAL GROUP WORKSHOPS [Crossfit Ex Novo members receive 15% off workshop registration!](#)

Modules and workshops are offered on the following topics. Please, contact Erica for more details.

- > Navigating the Food Label Minefield
- > The truth about soy.
- > Where does sugar hide?
- > Health Benefits of Fermented Foods
- > Organ meats...Eat more!
- > Food demonstrations
- > And, more!

MEMBER BENEFIT 

CROSSFIT
WEST WINDSOR, NJ

EX NOVO

Take advantage of these special deals today to optimize your health and take your performance to the next level!

As a member of Crossfit Ex Novo, you are eligible to receive these exclusive discounted rates and fees for a variety of health coaching services.

Contact Erica to request a discount code:
ericaevansnyc.com/exnovo
Password: **exnovo2015**