

### Our Services:

- Individual Medical Nutrition Therapy (MNT)
- Family Medical Nutrition Therapy
- MyPlate to Your Plate™ Nutrition, Health and Wellness Workshops/ Webinars
- Recipe Analysis, food rating, and Modifications
- General Healthy Meal Plans
- Lunch n' Learns
- Corporate Wellness

### Our Mission

Your health and wellness is our mission.

### Our Philosophy

Diets, like clothes, should be tailored to you.  
~ Joan Rivers

### Our Goal

The primary goal of NutriPledge is to help our clients improve and maintain health and wellness by eating right and exercising.

### Our Pledge

- We commit ourselves to your health and wellness.
- Our nutrition therapy is science-based and individualized.
- We keep your personal data private and confidential.

### Your Pledge

- My health and wellness is my priority.
- I accept the need for a diet and lifestyle change.
- I will follow NutriPledge recommendations to improve my health and wellness.

### Additional services continued:

#### Corporate Wellness

Keep your employees healthy by choosing the corporate wellness option that best fits your company's needs. Learn how partnering with NutriPledge can save your organization money. For a free consultation, please call or email us!

#### Lunch n' Learn

Call us or email us to learn about our uniquely designed "MyPlate to YourPlate" wellness workshop/webinar. This workshop is designed to teach basic fundamentals about eating healthy that comes with seven days general healthy menu and easy to make therapeutic recipes. Please visit our services at [www.nutripledge.com](http://www.nutripledge.com) to learn more!



Please visit [www.nutripledge.com](http://www.nutripledge.com) today and take the apple score test to assess your nutrition, health, and wellness.



[www.nutripledge.com](http://www.nutripledge.com)



*"Pledge with us today  
for the meal plan that is right for you!"*

All services are rendered or supervised by a registered and certified dietitian.

Contact Us!

[www.nutripledge.com](http://www.nutripledge.com)

Tel No.: 765-464-6538

Fax No: 888-972-7518

E-mail: [contact@nutripledge.com](mailto:contact@nutripledge.com)

Address: 1231 Cumberland Avenue, Suite G  
West Lafayette, IN 47906

A Minority and Women-Owned  
Business Enterprise

## Welcome to NutriPledge!

Our dietetic services are rendered or supervised by a registered and certified dietitian in the state of Indiana. We provide individualized Medical Nutrition Therapy (MNT) for all age groups starting from age 5. Specific nutritional needs are recognized based on age, gender, health conditions, food habits, lifestyle, and food and drug interactions to provide the most optimal nutrition care possible. Initial consultations for most plans come with:

- ⇒ Personalized meal plan
- ⇒ Nutrient reports to support meal plan
- ⇒ Therapeutic recipes
- ⇒ Grocery List
- ⇒ Your Apple Score
- ⇒ Online access to everything listed above with “My NutriPledge” portal.

**Become a NutriPledge member now!**  
**Registration is always FREE and takes less than five minutes!**

1. Go to [www.nutripledge.com](http://www.nutripledge.com)
2. Click “Register” link at the top of the page. fill out your name, email address, phone number, and password.
3. Click “Submit”
4. Plans and other services can be purchased online on the “Services” page after registering.

**Medical Nutritional Therapy available for the following health conditions:**

- Diabetes
- Hypertension
- Heart Disease
- General Health and Wellness
- Food Allergy
- Oncology
- Weight Management
- Many More!

## Individual Medical Nutrition Therapy Plans

### Plan A: Simple Pledge – \$100

- One time membership
- One hour of general health and wellness nutrition consulting.
- Two-day general healthy diet plan to improve health and wellness

### Plan B: Good Pledge – \$145

- Three month membership
- One hour of in-depth nutrition consulting
- One 30-minute follow-up session within the next three months
- Seven-day personalized Medical Nutrition Therapy plan with therapeutic recipes and complimentary grocery list

### Plan C: Better Pledge – \$215

- Six month membership
- One hour of in-depth nutrition consulting
- Two 30-minute follow-up sessions within the next six months
- Seven-day personalized Medical Nutrition Therapy plan with therapeutic recipes and complimentary grocery list

### Plan D: Best Pledge – \$325

- One year membership
- One hour of in-depth nutrition consulting
- Five 30-45 minute follow-up sessions within the full year
- Seven-day personalized Medical Nutrition Therapy plan with therapeutic recipes and complimentary grocery list
- Full ongoing support to meet health and wellness goals

## Family Medical Nutrition Therapy Plan (up to 4 members)

### Family Pledge – \$600

- One hour of in-depth nutrition consulting with the whole family
- Two 30-45 minute follow-up sessions with the whole family
- An age-appropriate seven day personalized MNT plan for each member of the family

**Medical Nutrition Therapy Services are available in person, online, or over the phone.**

## Insurance Policy

We are able to bill any insurance company that covers Medical Nutrition Therapy services (including Medicare). Please contact your insurance provider to get a quote.

## Additional Services

### General Healthy Meal Plans – \$35

We offer regular and vegetarian meal plans for various calorie levels. Our general healthy meals offer a variety of foods and easy to make simple and therapeutic recipes. We can also modify the menu further to meet your personal preferences and needs for a small extra charge. If you want to skip the consultations and individualized Medical Nutrition Therapy these are a great low cost alternative to eat right.

### Recipe Analysis – \$15-\$20 per recipe

Have your favorite recipes analyzed, rated and modified if needed by nutrition professionals. We also generate the nutrition facts label for your recipe. This service is useful for your cook book and restaurants looking to provide healthier options for patrons.

## Health and Wellness Workshops and Webinars

Our uniquely designed “Myplate to YourPlate” workshop/webinar is very informative and interactive class to learn what makes a healthy diet. This class is an inexpensive way to learn basics of nutrition to keep you healthy.

**Please contact us today to sign up! Workshops: NutriPledge Office – \$20**

- Mondays noon-1pm
  - Mondays 7pm-8pm
- Webinars: Online – \$15**
- Wednesdays noon-1pm
  - Wednesdays 7pm-8pm

**Additional Services Continued on back.**