



Dear Client,

Congratulations on taking your first step on your journey towards Nutritional Wellness! We look forward to working with you to achieve your health & wellness goals. Please take the time to complete the following steps to ensure optimal treatment & results.

1. Visit our website <http://www.whatsinyourcart.net> for the complete **What's In Your Cart™ Menu of Services & Fees. Contact *What's In Your Cart?™* by email at stacy@whatsinyourcart.net to determine which type of consultation is right for you & your family.**

2. Schedule your appointment day & time for your Nutrition Service. Our locations include

- [Franklin Athletic Club](#)
- [Whole Foods Market](#)

Appointments are typically scheduled within 2 weeks of initial contact.

3. Complete the [What's In Your Cart?™ Nutrition Questionnaire](#). The survey should take about 60 minutes. The information you provide will remain confidential & is integral to your commitment to Nutritional Wellness.

4. *What's In Your Cart?™* Nutrition Questionnaire includes a 5-Day Food Journal. The following are directions for keeping a Food Journal:

- **Record for 5 days typical of your lifestyle**
 - 4 week days
 - 1 weekend day
 - No holiday or vacation days
- **Include everything you consume, including beverages**
 - Snacks
 - Samples
 - Grazing
- **Be Specific**
 - Type of Food

- List brand names of all food products
 - Example: write 'Kashi TLC All Natural Trail Mix Snack Bar,' instead of 'Granola Bar'
- Amount of Food
 - Measure & record the amounts of food served in common portion sizes
 - Cups, teaspoons, tablespoons, or describe size
- Method of Preparation
 - Fried, steamed, baked, grilled, raw
- Where Food was Prepared
 - Home
 - Restaurant—if so, which one?
- Record all “Extras”
 - Gravies, salad dressings, taco sauces, pickles, jelly, sugar, ketchup, margarine, etc.
- Include recipes or nutrition facts labels for any unusual items you prepared at home or purchased
- Sample Journal Entry
 - “Turkey Wrap made with 1 Flatout Healthy Grain Flatbread, 4 slices of Legacy All-Natural Herb Roasted Turkey Breast, 1 tablespoon Hellman’s reduced fat mayonnaise & 2 4-inch pieces of romaine lettuce.”

Remember, the more accurate your 5-Day Food Journal is, the better we can assess your nutritional needs.

5. Submit your *What’s In Your Cart?*TM Nutrition Questionnaire at least 5 days prior to your Initial Consultation. If desired, contact your practitioner to send us any recent blood work, lab values, or growth development charts by fax (248-862-2022) or email at stacy@whatsinyourcart.net.

6. Bring a notebook & pen or PDA to your appointment to take notes & make your *What’s In Your Cart?*TM Grocery Shopping List.

7. Email us at stacy@whatsinyourcart.net with any questions regarding the above process prior to your appointment or event.

8. *What’s In Your Cart?*TM does not participate with insurance companies but will provide you with a detailed invoice to seek reimbursement.

9. Payment is due at time of appointment or event. Methods of payment include cash, checks payable to *What’s In Your Cart?* & credit cards, including Visa, MasterCard & Discover. ALCAT & Spectracell Micronutrient Testing services require prepayment in full.

10. Please allow 24 hours for cancellations.

We look forward to working with you!

In Good Health,

**Stacy Goldberg, MPH, RN, BSN
Director & Owner, Nutritional Consultant**