

A Weigh of Life™ & What's In Your Cart?™ Menu of Services



Nutrition Consultation

A Weigh of Life™ provides nutrition & wellness counseling to children, adolescents, adults & seniors.

Individual & Family	\$150.00 per hour
Group	\$25.00 per person per hour
Minimum 6 people	

Pantry Patrol

Let us strategically organize your kitchen according to your dietary lifestyle needs.

\$150.00 per hour plus Travel Time

Comprehensive Dietary Analysis

Custom Dietary Nutritional Analysis Reports

5-Day Analysis	\$150.00
For Enhanced Accuracy:	\$30.00
Each Additional Day	per day

What's In Your Cart?™

Grocery Store Tours at



Ann Arbor, Bloomfield Twp. & West Bloomfield

Learn to read nutrition labels & add great new ideas for recipes, meals & on-the-go snacks. Stacy will guide you to hot new products & highlight the importance of making smart choices that will help you make Lifestyle Changes for a Lifetime.

Individual & Family	\$150.00 per hour
Group	\$25.00 per person per hour
Including Boy or Girl Scouts, Clubs, Corporate Groups & Athletic Teams	
Minimum 6 people	

Public Speaking

Engagements & Consulting

Businesses, Community Events, Corporations, Food Product Manufacturers, Organizations, Restaurants & Schools	\$250.00 first hour
Each additional hour	\$150.00 per hour
Travel Time: Hourly rate applies 15 miles outside West Bloomfield area	\$150.00 per hour

Fees include nutrition education materials, recipes, product samples, coupons & more.

Food Intolerance Testing

ALCAT Food & Chemical Sensitivity Test

Food Allergy/Intolerance, Chemical & Gluten Sensitivity Testing, IgG & Casein Test, Chronic Fatigue, Arthritis, Asthma, Obesity Treatment

[Alcat Services Fees](#)

Spectracell Micronutrient Testing

Are you getting the Nutrients YOU need?

[Spectracell Laboratories](#)

Recipes & Food Nutrient

Analysis

Development/Modification

Create healthy recipes or improve the nutrient density of traditional family favorites. \$150.00 per hour

Food Nutrient Analysis

Bakeries, Food Manufacturers, Restaurants & Schools: bring us your recipes and we will provide the nutrition fact labels. \$150.00 per hour

Meal Plans

Customized, easy & tasteful meal plans tailored to your traditions make maintaining a healthy diet & lifestyle easy & delicious.

Weekly \$150.00 per week