



Nutrition Therapy Services

1 on 1 Nutrition Assessments & Counselling

When working with a Registered Dietitian or Certified Nutrition Professional, we will assess previous nutrition history, along with key information on current eating habits and lifestyle choices. By addressing the underlying causes of suboptimal health, we will work with you to set and ultimately reach your ideal health goals.

During the initial assessment (55 minutes), we will review your medical history, food preferences, digestive symptoms, current diet, etc. From this assessment, we will work with you on creating your personalized health and nutrition goals. We will provide recipes and meal ideas to help with your goals.

During the follow-up assessment (25 minutes), we will continuously provide support through further guidance and suggestions. Follow-up appointments are the most important part of the nutrition counseling process, as they promote accountability, support, and constant troubleshooting!

Registered Dietitian Initial:	\$170
Registered Dietitian Follow-Up:	\$85

Certified Nutritionist Initial:	\$160 + tax
Certified Nutritionist Follow-Up:	\$80 + tax

2 Week (14-day) Personalized Meal Plan

After completing an Initial Assessment with our Registered Dietitian or Nutritionist, you can request a personalized, 2-week (14-day) meal plan. This meal plan will be catered to your individual health and nutrition needs, including food preferences, nutrition requirements, food restrictions, food allergies, and more. Each Meal plan comes fully equipped with recipe cards, nutritional information, and a grocery list.

This personalized meal plan is not meant to be a strict diet plan but acts as a guideline and inspiration.

2 Week (14-day) Personalized Meal Plan: \$110 + tax

Grocery Store Tour

A fun and interactive 1-on-1 education session where we step out of the clinic and into the real world. During this tour, we will take you through what a healthy shopping trip looks like, aisle-by-aisle. This is a great chance to learn about food labels, healthy alternatives to your favorite snacks, and shopping tips to simplify your next trip. A personalized grocery list is provided.

This service is offered in person or virtually.

1-on-1 Grocery Store Tour: \$90 + tax



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Our Nutrition and Food Professionals

Craig Pacheco, RD MPH (He/Him)

Craig is a Registered Dietitian and obtained his Master's degree through the Dalla Lana School of Public Health at the University of Toronto. He specializes in gastrointestinal disorders, oncology, and short bowel syndrome. Craig has in-depth experience working with individuals managing inflammatory bowel disease (IBD), crohn's disease, ulcerative colitis, irritable bowel syndrome (IBS), gastroesophageal reflux disease (GERD), celiac disease, and other digestive challenges. He also helps individuals trying to manage food sensitivities, gas and bloating, abdominal discomfort, diarrhea, and constipation, as well as those living with an ostomy. He practices from a trauma-informed, person-first perspective with a focus on abundance rather than restriction.

Sara Rawda, CNP (She/Her)

Sara is a holistic nutritionist and certified nutritional practitioner specializing in IBD and holistic gut health. Sara graduated with a BSc. in Nutrition and Dietetics from American University of Beirut with a focus on Food Sciences. Shortly after, she attended the Institute of Holistic Nutrition (IHN) in Toronto where she continued to explore her two passions; Nutrition counseling & Gut Health management. Sara believes in the importance of debunking nutrition myths and communicating evidence-based nutrition research in ways that are easy to digest. She has led several webinars on Weight Management diets in IBS & IBD. Her philosophy of practice is getting to the root cause of nutritional discomfort, to empower and support others to build a positive relationship with food.

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