



Weight Management Treatment Plans

- Initial assessments to include
 - Assessment of past medical history, current diet & exercise regimen
 - Spectracell laboratory Micronutrient testing (optional & additional cost)
 - Resting Metabolic Rate Assessment and Discussion (optional & additional cost)
 - Collaboration with online food diary tools

- Follow Ups as appropriate to include
 - Assessment of nutrition intake and exercise
 - Assessment of hydration intake
 - Recommendations for plan changes
 - Pantry Makeovers
 - Grocery Tours
 - Menu Planning

- Kindred Nutrition also completes assessments, provides education, and follow ups for Gastric Bypass and Gastric Sleeve clients.