


## What to Expect during Your Health Journey with...


# Your Nutrition Expert




- Nutrition assessment to determine your nutritional imbalances, and personalized nutrition plan.




- Receive Physician support through regular collaboration of Dr. Kanodia and your Dietitian.



- Receive accountability check-ins, meal preparation and planning to inspire weekly food enjoyment, and address challenges.



- Continuously tailored treatment plan based on updated symptoms, lab testing and progress of healing/ repairing the body.



- Optimization of daily nutrient intake with professional tracking tools to ensure nutrient sufficiency.



Kanodia MD  
Registered Dietitian,  
Lauren Arnett  
Nutrition@KanodiaMD.com

### To Schedule your first Nutrition appointment:

Please call 614-524-4527, or submit Appointment Request in the portal

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#### **Nutrition Package:** \$398

- ✓ One 45-minute Initial Appointment
- ✓ Three 30-minute Follow-up appointments

#### **Follow Up Package:** \$243

- ✓ Three 30-minute Follow-up appointments

We recommend nutrition appointments once a week until you understand your plan, and then continue meeting once every other week. We find that patients with the greatest success work with our dietitian for 6-9 months.

Kanodia MD Private  
Support Group  
@KanodiaMDSupport



Food tracking App:  
Cronometer Professional Edition

