

PLANT-FORWARD WELLNESS COACHING

Personalized support to help you incorporate more plant-forward choices, build healthy routines, and create a realistic approach to long-term wellness. Small, sustainable changes are encouraged at a pace that works for you.

WHAT WE MAY EXPLORE

- Adding more plant-forward meals and snacks
- Meal planning and food preparation strategies
- Building healthy daily routines
- Mindful eating and nourishment
- Sustainable wellness habits
- Goal setting and accountability

WHO THIS IS FOR

Individuals seeking practical guidance and support to improve their overall wellness through plant-forward eating and healthy lifestyle habits.

SESSION OPTIONS

Plant-Forward Wellness Coaching Session 60 Minutes — \$49

A personalized coaching session focused on your goals, current habits, and next steps.

Rooted Reset Program 4 Weeks — \$149–\$179

A guided wellness experience designed to help you build sustainable habits around nourishment, movement, and overall well-being.

WHAT HAPPENS NEXT?

Schedule a complimentary discovery call to discuss your goals and determine the best option for your needs.

BOOK A COMPLIMENTARY CALL