



NUTRITION CONSULTATION

Diet and nutrition information can be confusing and overwhelming. CHF's Registered Dietitian Nutritionist, Michelle Ricker, will tell you what you need to know to maximize your physical and emotional well-being.



BOOK TODAY!

Michelle Ricker
RDN

Michelle Ricker, RDN, is a nutrition and vitality expert with more than 30 years of experience helping others take control of their health, specifically in weight loss, pre-diabetes, sports performance, women's health, and gut health. She blends science-backed strategies with practical, real-life guidance to create personalized plans that support energy, confidence, and long-term well-being. Michelle's mission is simple: empower her clients to feel strong, vibrant, and in charge of their health—one intentional choice at a time.

WEEKLY SCHEDULE	
TUESDAY	THURSDAY
12 p.m. – 5 p.m.	12 p.m. – 5 p.m.

Straight-Forward Rates

Initial consult (60 min.):
\$100 R / \$110 NR

Follow-up consults:
30 min. \$55 R / \$61 NR
60 min. \$100 R / \$110 NR

	30-min.	60-min.
3 pack	\$159 R / \$177 NR	\$291 R / \$321 NR
5 pack	\$260 R / \$285 NR	\$470 R / \$515 NR

Resident (R) Rates – Applies to residents of Redondo Beach, Hermosa Beach, and Manhattan Beach. Residents support BCHD programs through local property taxes.

Non-Resident (NR) Rates – Applies to those living outside Redondo Beach, Hermosa Beach, and Manhattan Beach.

During your nutrition consultation you'll get professional advice on maintaining healthy nutrition habits that you can apply for the rest of your life.

- Personalized meal plans for your lifestyle
- Weight loss consultations
- Chronic disease management (e.g. diabetes, high blood pressure, cancer, heart disease)
- Nutrition for optimal energy
- Meal planning



A Beach Cities Health District Program