



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.



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.

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

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

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



A Public Agency

A Beach Cities Health District Program