



Nutrition Services

Most people recognize the importance of healthy nutrition, as well as the multiple benefits associated with balanced dietary habits. In conjunction with weight control, a properly implemented nutrition plan can significantly improve energy, sleep quality, cognition, mood, and many of the supporting elements related to disease risk reduction. However, for many of us, consistently making healthy dietary choices is a challenge.

Meet with one of our nutritionists and let them assist you in achieving your personal health, weight and fitness goals. Schedule a Nutrition Consultation, or a Comprehensive Dietary Analysis. Or, learn how to shop and prepare healthier alternatives and meals through a Grocery Store Tour, a Recipe and Food Nutrient Analysis or Meal Planning Session.

Our nutritionists are dedicated to helping each member of your family reach his or her health and wellness goals in a timely manner. You can't put a price on your health. Learn how to start eating healthy and making smarter food choices, today!

Menu of Services

Nutrition Consultation-60 minutes

Our nutritionists provide nutrition and wellness counseling to children, adolescents, adults, and seniors. Meet with us to review your individual dietary and nutrition strengths, areas for improvement, and discuss food and nutrition products and alternatives.

Member & Family: \$135

Non Member & Family: \$150

Grocery Store Tour-60 minutes at Whole Foods Market Ann Arbor Locations

Our nutritionists will lead you through a tour of your local Whole Foods Market, demonstrating how to make smart nutritional food choices and read nutrition labels, to identify the best foods for your diet and lifestyle. Receive great new ideas for meals, snacks, and recipes to guide you and your family toward a lifetime of healthy eating.

Member & Family: \$135

Non Member & Family: \$ 150

ADDITIONAL SERVICES

Further customize your nutritional plan with a Recipe Analysis, Customized Meal Plan or Comprehensive Dietary Analysis. Additional services must follow a nutrition consultation.

Recipe & Food Nutrient Analysis-60 minutes

Create healthy recipes or improve the nutrient density of traditional family favorites. We will analyze the nutrition in five of your family's favorite recipes and provide guidance on cooking healthy meals for any budget.

Member & Family: \$135

Non Member & Family: \$150

Customized Meal Plan-60 minutes

Customized, easy, and tasteful meal plans, tailored to your traditions, make maintaining a healthy diet and lifestyle manageable. We will provide recipes for seven days of breakfasts, lunches, dinners and snacks, which are designed to keep you feeling healthy and satisfied.

Member & Family: \$135

Non Member & Family: \$150

Comprehensive Dietary Analysis

Interested in understanding your nutrition needs and how your diet measures up? We will take five days of your pre-recorded food intake and create a custom dietary nutritional analysis report. The report will indicate nutrient excesses or deficiencies, then help you translate these results into information you can use to improve your dietary lifestyle. **A Nutrition Consultation must be booked with this service.**

Member & Family: \$135

Non Member & Family: \$150

Requirements

A nutrition questionnaire must be completed 48 hours prior to the following services: Nutrition Consultation, Grocery Store Tour, Recipe & Food Nutrient Analysis and Meal Plans. For the Comprehensive Dietary Analysis, five days of pre-recorded food intake must be submitted one week prior to the scheduled nutrition consultation for dietary analysis.

The questionnaire is available on the home page of **Liberty Athletic Club's website.**

If the child/adolescent is 16 years of age or under, a parent/guardian needs to be present at the start of the appointment.

Nutrition Services will be available:

Monday 5:30pm - 8:30pm

Tuesday 12:00pm - 3:00pm

Saturday 8:00am - 12:00pm

Services must be scheduled 48 hours in advance of your appointment through the Concierge at 734-665-3738 ext. 34. A 24-hour cancellation policy applies.

For more information contact:

stacy.goldberg@libertyathletic.net

jackie.armstrong@libertyathletic.net



About us...



Stacy Goldberg, M.P.H., R.N., B.S.N.
stacy.goldberg@libertyathletic.net

Based in Michigan, Stacy Goldberg is the founder and owner of Stacy Goldberg's What's In Your Cart?®, a nutrition consulting company that provides individual, group and corporate nutrition consultation. A self proclaimed "healthy food product fanatic," she attributes

her success to her dynamic, "out-of-the box" approach to finding healthy foods that are delicious and nutritious, while incorporating them in a customized, realistic and sustainable lifestyle. Goldberg graduated from The University of Michigan School of Nursing with a Bachelor's Degree in the Science of Nursing and is a Registered Nurse in the State of Michigan. She holds a Master's Degree in Public Health, specializing in Human Nutrition from The University of Michigan School of Public Health. Stacy is a dedicated yogi, loves traveling, playing tennis and spending time with her family.



Jackie Armstrong, M.P.H., B.A.
jackie.armstrong@libertyathletic.net

Jackie Armstrong, M.P.H., B.A., earned her Master of Public Health in Human Nutrition and Dietetics from the University of Michigan and is currently completing her Dietetic Internship to become a Registered Dietitian. Some of her areas of specialty are in weight loss

counseling, vegan/vegetarian diets, grocery store tours, sports nutrition, and healthy cooking. She has also worked in the fitness industry as a personal trainer and sports coach for several years. Jackie received her B.A. in Exercise Science from Lake Superior State University in 2009 where she competed as an NCAA Division II collegiate basketball player.

Our Philosophy

- A family centered approach to nutrition
- No diets, gimmicks, magic pills, or drugs
- Mastering the concept of Nutrient Density
- There are no "off limit" foods: key to success is balance, moderation & portion control
- Hunger Awareness Strategies



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