

Jill Merkel RD

Nutrition

Coaching & Consulting

WOMEN'S WELLNESS NUTRITION COACHING GUIDE



JillMerkelRD.com // merkel.jill@gmail.com



HELPING WOMEN FIND FREEDOM FROM DIET RULES & RESTRICTION



Are you tired of dieting and obsessing over food?

Do you feel overwhelmed and confused about what is right for YOU and YOUR body?

Are you stuck in a cycle of restricting, bingeing and dieting?



Are you unsure about what to believe about food and nutrition?

Do you feel like you are failing at dieting and weight loss?

JillMerkelRD.com

In our work together, I will help you to:

- Release the judgment, guilt & shame around food & body image
- Stop constantly thinking about food
- Let go of rigid dieting rules so you can enjoy eating and feel satisfied rather than deprived & restricted
- Grow your self-care toolbox so you can end emotional & stress eating

I am a Registered Dietitian specializing in body image, chronic dieting, and disordered eating to help women cut through the noise and misinformation and figure out what is right for you so you can feel freedom from the emotional distress dieting causes

"I don't think I have ever accepted my body for the way it is more than now - so thank YOU!"

- Leigh D



This Results In:

- A more balanced and flexible relationship with food (no foods are off limits; no restrictions), exercise & body image
- Feeling more confident in your body
- Empowered to make your own food choices
- Able to trust yourself and your body
- Freedom from the emotional distress dieting causes



"My favorite part has been the confidence I gained and the better mindset I have developed around food."

- Raven M.

This Program Is For You IF:

- **You are tired of dieting and short-term fixes**
- **You are willing to trust the process**
- **You are motivated and committed to making a change**
- **You are willing to focus on your health & mindset first, not just your body weight goals**

Topics Include (But Are Not Limited To):

- **Body Image**
- **Diet & Weight Research & Stigma**
- **Diet Culture & Diet Mentality**
- **Self-Care & Self-Compassion**
- **Emotional & Stress Eating**
- **Exercise & Movement**
- **Mindset around Food, Body Image, Diets & Food Rules**
- **Intuitive Eating**
- **Mindful Eating**
- **Types of Hunger**
- **Metabolism & Nutrition Topics**

PACKAGE DETAILS

Your 4 Month Package Includes:



Initial 60 minute Assessment

Lifestyle and nutrition assessment, baseline goal setting and development of nutrition plan based on your needs



Seven 45 minute Follow-Up Sessions

These follow-up sessions will take place approx. every 2 weeks to continue working through your goals, revise the plan as needed, and identify additional resources that might be helpful for you



Accountability Journal Review & Feedback



Personalized Self-Care Toolbox



Educational Materials & Resources



Unlimited Email Support

Unlimited Q&A via email in between sessions for the duration of the package for accountability and support

YOUR INVESTMENT

4 month package = \$349/month or
\$1197 paid in full (save \$200)

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About Jill Merkel, MS, RD, CSSD, LD

My philosophy is to focus on healthy eating (and lifestyle) most of the time. I don't believe in "one size fits all" when it comes to nutrition and every individual has different needs, goals, and tools that work for them.

Clients who work with me receive personalized coaching and a customized plan with clear and specific action steps. I use a non-diet approach and believe that all foods can fit into a healthy, balanced, sustainable way of eating.

My hobbies include running, reading, photography & traveling. I am an Enneagram Type 6 (Loyalist) and my favorite ice cream is Ben & Jerry's The Tonight Dough.



RD - Registered Dietitian through the Academy of Nutrition & Dietetics

MS - Master of Science in nutrition

CSSD - Certified Specialist in Sports Dietetics

LD - Licensed Dietitian in the state of Tennessee

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