



Meet Sarah Bernhoit

I have been a dietician for 15 years and during that time had 2 beautiful children. I worked in a lot of different facets of the nutrition industry: Hospital dietetics, outpatient counseling, dietitian for a large grocery chain, and sold nutritional care products. Also, I did some writing of newspaper articles, and TV interviews on nutrition topics from heart health to fad diets. Recently, I have been a dietician for a large gym.



Why the “Sexy Dietician”

We all want to be sexy, both men and women. It does not matter if were 20 or 70 years old. I will use all my knowledge I have collected to help “YOU FEEL SEXIER”. My husband says “Live Life to the Fullest” My passion has always been helping people become healthy, and feeling good. I am here to motivate, and give common sense fun tools so that you can achieve your weight goal and be “that sexier you”

Sexy Dietician Top 10 List for Eating Healthy and Looking Sexy

- Have small meals frequently that are nutrient dense
- At least 10 glasses of water a day
- Plan exercise into schedule
- Be knowledgeable in portion sizes
- Reduce eating fried foods
- Include protein foods at each meal
- Close the kitchen after dinner
- Stay consistent long enough to start making healthy habits
- Eat lots of vegetables
- Set Goals and Set Rewards



Sarah Bernhoit

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Be a Sexier U

INITIAL/ONE TIME CONSULTATION

Meet with a registered clinical nutritional counselor to establish a dietary tips that will help you achieve your optimal health goals. The initial one time consultant meetings last one hour and includes

- Written Dietary Analysis
- Provide Basic Nutritional Parameters
- Basic Meal Plan
- Grocery List
- Supplementation Recommendations if needed

Fee \$ 75 Per Session

ADVANCED CONSULTATION

Meet with a clinical nutritional counselor to discuss and review your progress after the initial consultation. This consultant will last an hour and includes

- Food Diary Analysis
- Diet Plans
- Grocery Lists
- User Reports
- Grocery List

Fee \$75 Per Session

INDIVIDUAL PACKAGES

- 3 Week Emergency Bikini Diet Plan-no consultations-\$100
- Diet Plan for Weight Loss needed in excess of 40 lbs - no consultations \$150
- Kitchen Makeover with Onsite Visit \$75
- Grocery Store Tours-5 People Minimum \$20 per person
- Customized Food Delivery Available



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