



NUTRITION SERVICES

MORE THAN A MEAL PLAN.

Good Measure Meals' Registered Dietitians offer a host of nutrition services to support you in reaching your health goals.



INITIAL NUTRITION CONSULTATION (\$100)

Individualized one-hour session tailored to your needs and designed to help you reach your nutrition goals.

Includes:

- Nutrition and health assessment
- Education, support and goal setting
- Body composition analysis on Tanita Scale



FOLLOW-UP CONSULTS (\$55)

30-minute session to track progress, fine-tune your plan and provide support. Includes:

- Nutrition education, guidance and accountability
- Body composition analysis



METABOLIC TESTING (\$100)

Resting Metabolic Rate measurement with MedGem®
Determine the amount of calories needed to optimally fuel your body and reach your weight management goals.



NUTRITION CONSULTATION + METABOLIC TESTING (\$180)

This powerful and highly individualized combo gives you the info, tools and support to reach your health goals.



CORPORATE WELLNESS

Want to Bring Wellness to Your Company?

Our Registered Dietitians are available for wellness programs on a variety of nutrition topics in your office. Prices vary.

SCHEDULE YOUR NUTRITION APPOINTMENT



NUTRITION@GOODMEASUREMEALS.COM



404-815-7695

181 Armour Drive
Atlanta, GA 30324

www.goodmeasuremeals.com



Meet Your Registered Dietitian



Alissa Palladino
MS, RDN, LD, ACSM-CPT

✉ NUTRITION@GOODMEASUREMEALS.COM

🐦 [@ALISSAPALLADINO](https://twitter.com/ALISSAPALLADINO)

in [LINKEDIN.COM/IN/ALISSAPALLADINORD](https://www.linkedin.com/in/alissapalladinord)

Alissa is a registered dietitian and certified personal trainer born and raised in New York City.

After graduating from Yale University and working in the education field, Alissa decided to combine her love of teaching and helping others with her long-time personal interest in health and wellness by pursuing a career as a dietitian. She earned her Master of Science in Clinical Nutrition at New York University and completed her training at Emory Healthcare, where she also worked as a Clinical Dietitian.

In 2014, Alissa joined Good Measure Meals where she provides one-on-one nutrition counseling, both on site and in various corporate fitness centers. She focuses on sports nutrition, weight management, and chronic disease prevention and management. Recognizing the complimentary roles of diet and exercise, she recently completed her certification as a personal trainer through the American College of Sports Medicine.

A veggie lover and avid runner, Alissa is dedicated to helping people achieve their health goals by empowering them to make sustainable changes to their diet and lifestyle. Whether you're trying to lose weight or fuel optimally for exercise, she is excited to work with you to develop a realistic, individualized plan to reach your health goals.



www.goodmeasuremeals.com