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VISIT SUMMARY for: Jane Doe on 11/01/2015 – Initial Assessment

Client Goals:

- (1) Improve blood sugars
- (2) Lose Weight (Goal of 20 pounds)

Nutrition Education:

- Food Groups Corresponding to Diet Prescription
- How to Build Healthy Dinners/Meal Time Techniques

Handouts Now Available in your MINDBODY account:

- List of foods and portion sizes for your diet prescription
- Meal Builder Worksheet
- Access to Pinterest "Secret Board" for additional recipes given

Counseling/Coaching Provided:

- Avoiding negative thinking ("I can't do it perfect, so why try?")
- How to set up your kitchen for success/balancing lack of time to cook

Nutrition Prescription

Low Glycemic Carbohydrate, Moderate Protein, Moderate Fat

Tailored Goals:

- (1) Limit eating out to 1x/week by making recommended meals

Recommended Follow-Up: Follow-Up Session in 1 week. We'll check in on your goal to limit eating out and make your own dinners, its impact on your blood sugars, weight, and overall feelings of wellness! <http://www.missionnutritionboston.com/appointments/>

Notes: Jane is interested in learning more about how to improve intake when she does eat out. Will plan to review in future sessions as we ran out of time today!