

Bite *for* Bite Nutrition

Step 1: Free Discovery Phone Call

Your health deserves attention, and this first step is all about YOU. During our free 15-minute phone call, we'll discuss what brought you here, your concerns, and your goals. Are you worried about prediabetes? Looking to lose weight without crash diets? Curious how to balance your meals to support long-term health? This is your chance to share where you're at and where you'd like to go.

Here's what you'll gain from the call:

- A no-pressure environment to talk about your health concerns.
- A better understanding of how my services can meet your specific needs.
- Clarity on what steps you can take to start feeling better right away.

By the end of our conversation, you'll feel ready and confident to make an empowered choice about your next steps toward better health.

Step 2: Initial Consultation

Now it's time to dig deeper and create your one-of-a-kind wellness plan. During your 60-minute initial consultation (available virtually or in-person), we'll review your full health history, discuss your personalized goals, and build a roadmap for success. This is where solutions become tangible.

Here's what we'll focus on:

- **Personalized Plan:** Together, we'll create a plan that fits your lifestyle, food preferences, and health needs. Whether your goal is to lose weight, stabilize blood sugar, or simplify meal planning, I'll ensure your nutrition strategy is practical and manageable.
- **Mindful Eating Practices:** You'll learn techniques designed to help you enjoy your meals, make intentional food choices, and foster healthy eating habits—without feeling restricted.
- **Actionable Goals:** We'll set small, achievable goals that deliver big results over time. Progress doesn't have to feel overwhelming—it just has to be consistent.

You'll leave the session with a clear direction, actionable steps, and the confidence to take control of your health.

Step 3: Follow-Up Sessions

True transformation happens over time with support and reinforcement. That's why I offer follow-up sessions to help you stay on track, make adjustments as needed, and celebrate your wins. These check-ins provide ongoing guidance and motivation so you can continue progressing without feeling alone.

During follow-ups, we'll:

- Review your progress and celebrate milestones—big or small.
- Troubleshoot challenges or frustrations and adapt the plan when necessary.
- Explore new strategies for long-term habits that stick.

Whether it's a question about a tricky food craving or adapting your routine to a big life change, consistent follow-ups keep you committed to your goals. My ultimate mission? To empower you until you feel fully confident managing your health on your own.

Why Choose My Services?

My approach is built on understanding, encouragement, and expertise. I've worked with clients of all sizes and backgrounds, helping each person craft a healthier life in a way that feels achievable and sustainable. From weight loss to chronic disease management, I'm here to ensure that you not only reach your goals but thrive as you do it.

If you've been feeling afraid of change or unsure where to start, you're not alone—and I'm here to help. Together, we can rewrite your story, one bite at a time.

Don't Wait—Take Your First Step Today

The earlier you take control of your health, the more empowered you'll feel. Schedule your Free Discovery Phone Call today to discuss how I can help you lose weight, manage pre-diabetes, and take charge of your health—bite for bite.

[Click Here to Book Your Free Discovery Call](#)

Your health is worth it. Let's take the first step together.



Carissa Kapperman

MS IN NUTRITION | RDN | LICENSED NUTRITION THERAPIST

✉ Kapperman@biteforbitenutrition.com

🌐 www.biteforbitenutrition.com

📞 720-340-1239