



Fee Schedule & Services

Free Introductory Meeting

A complimentary 15-minute conversation to discuss your health goals and explore how I can best support you. I also value the opportunity to connect – after all, connection is a form of metabolic therapy in itself!

Initial Session (60 minutes)

Sliding Scale: \$75–\$150 CAD*

This comprehensive consultation includes a detailed intake, personalized recommendations, educational resources, food guidance, and assistance in structuring and tracking meals. Email support is available for clarification of session recommendations.

Follow-Up Sessions (30 minutes)

Sliding Scale: \$40–\$80 CAD*

These sessions provide ongoing support and accountability to review progress, address challenges, adjust your protocol, and answer follow-up questions.

**Sliding scale pricing is offered to support accessibility while maintaining sustainability of services. Clients are invited to select a rate aligned with their circumstances.*

Payment may be made after the appointment via e-transfer or PayPal to janet@purelyjanet.ca.

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