



- BONUSES THAT -  
**ADD VALUE**  
(BUT DON'T TAKE A TON OF TIME)



**6-FIGURE BIZ**  
**ACADEMY**  
FOR NUTRITION PROFESSIONALS



## BONUSES That Add Value But Don't Take a Ton of Time

Consider adding several juicy bonuses to your package or signature offering! This will make your unique program even more robust. These bonuses are not overly time-consuming but can add a TON of value to your program. (Be sure to include any financial outlay into the total cost of the program).

Done-for-You Templates, Checklists, Tip Sheets and Handout

Educational Recordings, Webinars & Audios

Cooking Demos

Recordings of all Classes/Sessions With You

Food Log Review with Helpful Feedback

Personalized Supplement Plan

Supplement Packs (30, 60 or 90 day supply)

Inspiration Board (you can create for or with your client as a bonus)

Unlimited Email Support Between Sessions

Messaging Between Sessions

Weekly/Personalized Meal Planning with Templates

An "Assessment" Plus Analysis (wellness, nutritional, gut, lifestyle, metabolic) Lab Tests (such as MRT, Resting Metabolic Rate, GI Map, Micronutrient, etc.)

Special "Lab Results" Debriefing Session



Grocery Shopping Tour (virtual or in-person)

Special Kick off Session (designed to achieve quick “wins”)

Book on a Relevant Topic

Surprise Gifts Throughout the Program

Participation in a Private Online Forum or Special Private Face Book Page

Rolodex of Your Resources and Trusted Vendors and Resources

Client-Only Newsletter

A Home Study Product you’ve created

A Home Study Product by someone you respect

Ticket to Attend a Retreat or Special Event

Dining-Out Experience with Meal “Included” (special topic sessions on restaurant foods, eating in public, mindful eating practice, or “just because”)

“First Dibs” and Special Savings on Upcoming Programs

Free attendance in your Lower Level Courses and Workshops

Bring a Buddy or Referral Discounts (group program incentive)

Complementary Subscriptions (tracking apps, publications, etc.)

Pantry Makeovers (can be done via video or in-person)

Special Workbooks and/or Binders to Help Organize Material for Program

Meditation Recordings



Personalized Mantra or Affirmations

Weekly Goal Setting and Challenges with Worksheets

Special Fitness Planning Session

Bonus Family Session

Special Menus for Breakfast, Lunch, Dinner, Snacks

Recipe Collection(s)

Hunger and Fullness Tools with Coaching

Personalized Macro/Micro Nutrient Plan Calculations (also Fluid, Kcals)

Set Up For Success Home Visit (for Trigger Management or Getting Organized)

Special Journal or Templates (Document Experiences, Food Intake, Hunger/Satiety Cues)

Personalized Nutrition and Lifestyle Recommendations (framed, quality paper, attractive layout)

The New You (Dressing For Success, Complementary Message, Make Up Application, etc.)

## YOUR IDEAS: