



Glad you are here!

Our Services

- Nutritionist services
- Personalized diet
- Follow up
- Personalized menu

A little bit about us:

HealthEat Expertise lays in personally HealthEating your diet and making sure you are reaching your goals! Run by Executive Chef Sara Black Charm, who has been in the culinary world for 20+ Years. She has traveled the world, experimented and studied Kosher and Non-Kosher gourmet cooking, acquiring the unique ability to convert any style of food into an amazing Kosher Healthy dish!

Our Goals:

Our goal is your goal! Whether you just want to feel healthier and improve your diet, or you just want to lose those stubborn extra pounds, whether you cannot consume gluten or you just want to get that sugar level lower, we are here to help you get there!

Our Way of Action:

As soon as we understand your needs with our awesome nutritionist, we get to it! Together we will keep a journal of what you are eating and how you are feeling, we will listen carefully to your feedback and together we will HealthEat your pallet!

A personalized nutrition plan:

Here at HealthEat we work closely with an experienced nutritionist who takes an active part in creating a perfectly tailored menu for your health and dietary needs.

Our Advantages:

- No need to try another trendy diet- our nutritionist is here for you.
- A variety of menu ideas, all under one roof.
- Services fit specifically for your needs and wishes.
- Personal service- we are always available and ready for you at any given time.



Nutritionist Packages

This is a personalized program which includes meeting packages with our knowledgeable and professional nutritionist.

Benefit from one-on-one Zoom meetings with our expert Nutritionist, Judy.

At your first meeting Judy will get to know you, your health history, diet practices, food preferences and your health goals.

Then we start building your healthier eating plan based on reaching your goals and according to your, preferences and your reality.

We will meet weekly for several follow up appointments to look at successes, challenges and your questions. We will also modify and improve your eating plan as needed.

Together we will plan how to continue the program for the months to come.

Our goal is for you to continue your journey with new tools that lead to continued success!

Package Costs:

- One time meeting- 450 NIS
- Second meeting- 300 NIS (Online consultations included as part of the process)
- Three meeting package- 900 NIS

General terms:

1. The terms and payment can be renegotiated at any time by either side of the parties.
2. The service will begin once the agreement is signed and sent by email to info@health-eat.com.
3. This agreement insures that HealthEat (Asparagus Catering LLC.) keeps all confidential information in trust and strict confidence and agrees that it shall be used only for the purposes required to fulfill the agreement obligations, and shall not be used for any other purpose, or disclosed to any third party.
4. Two Zoom calls will be available to the client with the nutritionist during the month as part of the program. Any additional meeting will be with an additional cost and will be added to the end-of-the-month payment for the sum of **280 shekel plus VAT** for each additional meeting.
5. Payment will be made in advance of every month via bank transfer to the account:
Bank: Discount **Branch:** 162 **Account number:** 014123926 **Name:** Sara Black Charm
Or Bit/ PayBox to: **Account name:** Sara Black Charm **Account number:** 0547702608

Client Details:

Name: _____ T.Z. _____

Email Address for receipt _____

Date

Signature