GOAL 4.0 DIET AND NUTRITION CARE

Goal 4.1 LB Consulting will provide support via instruction with eating or dietary habits necessary for successful weight maintenance and health.  
Goal 4.2 LB Consulting will provide instruction utilizing USDA food guidelines when preparing meals.  
Goal 4.3 LB Consulting will provide support via instruction with menu planning.  
Goal 4.4 LB Consulting will provide support via instruction with documentation of daily food diary.