



Ask the LCHF Dietitian Consultation Information and Tips to Prepare for your Call

This “**Information and Tips**” sheet is to help you get maximum value from your “Ask the LCHF Dietitian” call.

1. **Make a list your most 5 important questions** to ask The LCHF Dietitian; Priority

1. _____
2. _____
3. _____
4. _____
5. _____

2. **Prioritize your list** of questions, by ranking them from 1 – 5, with 1 being the most important.
3. Decide on whether it makes more sense for you to take a **½ hour call** (\$50 CDN) or **1-hour call** (\$75 CDN). Remember, these are non-clinical appointments, so a one-hour call is at half the hourly clinical rate, which is a considerable savings.
4. **Download and complete the "Ask the LCHF Dietitian" [form](#)** to book your call.
5. When you email me back the completed form, let me know whether you want to book (a) a **½ hour** or **1-hour call** and (b) **include a list of times that would work for you.**

My office hours are Monday – Friday 9 am – 5 pm (3 pm on Friday) PST (UTC-7 hours), but depending where in the world you are, I can book calls earlier or later, on those days. Remember to refer to the time zone converter on the "Ask the LCHF Dietitian" form and book times accordingly.

6. When you email me your completed form and possible times for our appointment, also send me **this sheet** your (a) **list of your questions**, (b) **ranked by priority** so that I can plan out the time for our call.

I want you to be assured of getting maximum value for your money, so please let me know if you have any other suggestions for making our time together of best value for you!