

Feedback After Dietitian Consultation

Date: [Insert Date]

Client Name: [Insert Client Name]

Dear [Client Name],

Thank you for attending your consultation with me on [Insert Consultation Date]. I appreciate the opportunity to work with you on your nutritional goals.

Summary of Consultation

During our meeting, we discussed your current dietary habits and lifestyle. You shared your goals regarding [Insert Client's Goals, e.g., weight loss, improved energy levels, etc.], and we identified several areas for improvement.

Feedback

I commend you on your willingness to share your challenges and for being open to exploring new dietary options. Key takeaways from our session include:

- Incorporating more fruits and vegetables into your daily meals.
- Understanding portion control and mindful eating.
- Creating a balanced meal plan that fits your lifestyle.

Next Steps

To further support your journey, I recommend the following:

1. Follow the personalized meal plan we developed together.
2. Keep a food diary to track your daily intake and reflect on your choices.
3. Consider scheduling a follow-up appointment in [Insert Time Frame] to monitor your progress.

Feel free to reach out if you have any questions or need additional support. I am here to help you achieve your nutritional goals!

Best regards,
[Your Name]
[Your Title/Position]
[Contact Information]