



SEASON

*Registered dietitians,
say hello to a world
where helping your
clients make healthy
food choices is simple
and stress-free.*

Season is a free platform for both you and your clients that curates dietitian-approved recipes and creates shoppable grocery lists. Meals always fit within your nutrition guidance and your clients' preferences. Season is HIPAA compliant and supports 25+ conditions and healthy eating needs.

Supported conditions and healthy eating needs include: cardiovascular disease, celiac disease, digestive health, family meal planning, gluten free lifestyles, healthy aging, healthy lifestyles, hypertension, non-alcoholic fatty liver disease, PCOS, plant-based lifestyles, vegetarian lifestyles, vegan lifestyles, prediabetes, type 2 diabetes, weight loss, healthy weight management

How it works

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- 1** Sign up your practice at app.helloseason.com and tell us about your clients' health needs.
- 2** Your clients self-onboard and tell Season about their specific cooking and food preferences.
- 3** Each week Season coordinates with your clients directly to prepare meal recommendations based on the number of meals they'd like, their preferences, and your nutrition guidance. There's no commitment week to week for you or your clients.
- 4** Your clients approve the recipes and confirm what ingredients they need to make the meals. Season creates a shoppable grocery list and your clients can order directly from the store of their choice for delivery or pickup, or they can print their list and head to the store.
- 5** Your clients have access through the platform to all their recipes to prepare the meals. They can provide their feedback on the recipes so that Season can continue to customize their recommendations.
- 6** Follow along on your clients' adherence through the client dashboard.



Season is on a mission to make it easy to find delicious meals that registered dietitians will approve of and your clients will love. We believe good health should be available to all, and work with a large number of health insurance providers to keep Season free for you and your clients.

Ready to get started?

Sign up your practice at app.helloseason.com to start adding clients immediately.