

Private Practice Registered Dietitian - Full-Time

EMPLOYEES MUST RESIDE IN NORTH CAROLINA

Join Nutritious Thoughts, a thriving group practice of compassionate, weight-inclusive dietitians dedicated to fostering healthy relationships with food through personalized one-on-one counseling and community support. We believe all individuals deserve respectful care, regardless of body size, shape, or ability. Utilizing a relational and trauma-informed approach, we empower clients to achieve lasting well-being through mindful nourishment and healing. If you are a highly motivated and collaborative dietitian passionate about non-diet nutrition counseling, we encourage you to apply!

Position Details:

Full-time, hybrid/in-office/remote, W-2 Registered Dietitian

Nutritious Thoughts RDs play a crucial role in supporting individuals by providing high-quality nutrition counseling that is personalized, affirming, relational, and inclusive. Nutritious Thoughts RDs are capable of working independently, but they thrive in collaborative environments—valuing connection and opportunities to learn from their colleagues.

- Pay Range: \$30-\$33 per hour with additional benefits and raise opportunities. Expected compensation package (pay + benefits) in the range of \$65,000-\$85,000 per year, based on experience and caseload.
- Location: Hybrid positions available in Cary, Asheville, and Hendersonville, NC. Fully Remote positions available. Employees must reside in the state of North Carolina
- Start Date: Multiple onboarding rounds in 2026

Benefits:

The right candidate will find this role both challenging and deeply rewarding. At Nutritious Thoughts, our benefits are thoughtfully designed to support a healthy work-life balance, recognize the personal growth that comes with this meaningful work, and address the higher rates of burnout common in this field. We are committed to fostering both personal and professional development within our team.

- Becoming a valued member of a collaborative and caring team of like-minded professionals
- Paid self-care time daily
- Paid Clinical Supervision: Individual (weekly) and Group (twice per month)
- Paid personal and professional development trainings
- Valuable paid In-house Trainings (Provides up to 20 RD CE hours per year)



EMPOWER. NOURISH. HEAL

Phone: (828) 333-0096

Web: [Nutritious-thoughts.com](https://www.nutritious-thoughts.com)

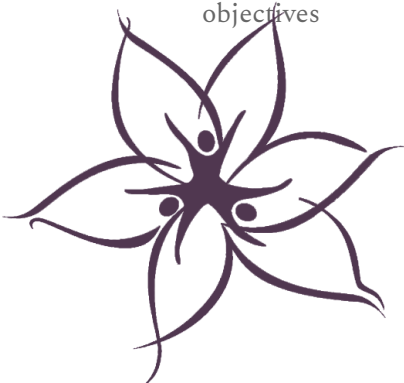
Virtual across the state of NC

Locations in Asheville, Hendersonville, Boone, NC

- Continuing Education Stipend
- Virtual/Hybrid Stipend
- Generous paid time off (PTO)
- Flexible work schedule
- Retirement account with up to 3% company matching
- Medical Benefits offered (75% of premium paid by employer)
- Supplemental Benefits offered (vision, dental, short-term disability, life, Family Savings Account)
- Liability insurance paid
- Annual state licensure and annual Commission on Dietetic Registration (CDR) fees paid
- Extensive paid onboarding and training prior to meeting with clients and throughout first year
- Marketing, scheduling, billing, and administrative teams to provide new clients and ongoing support

Essential Functions and Responsibilities

- Conduct in-depth nutrition assessment for each client utilized a relational care approach
- Develop individualized, non-diet treatment plans aligned with client goals, considering their health conditions, relationship with food and body, budget, and preferences.
- Provide compassionate individual and family nutrition education and counseling sessions
- Monitor clients' progress and make necessary adjustments to their treatment plan to support their journey
- Collaboration with clients' team to integrate nutrition care into overall client treatment plans
- Maintain detailed and timely documentation, including nutrition assessments, treatment plans, and progress notes
- Stay informed of the latest research and developments in the field of nutrition science to ensure the provision of evidence-based care
- Participate in company meetings and training sessions as required
- Lead one clinical training session and/or office meeting per year
- Adhere to all regulatory requirements (continuing education, HIPAA, licensure, etc.) and company policies and procedures, including communication response times.
- Endeavor to meet and maintain company job requirements, including productivity, client retention, meeting attendance, etc.
- Assist with onboarding and development of newly hired dietitians and clinical interns by inviting them to shadow clinical sessions and provide general support and encouragement
- Optional participation in internal teams based on your interests and company needs.
- Contribute to collaborative creative projects that align with your professional goals and company objectives



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Schedule Requirements

- Team members have flexibility in their schedules with the expectation they are meeting the job requirements
- Some choose to work evenings/weekends to meet client and personal needs
- Full-Time position requires 18 – 25 hours of completed client hours per week with a total of 30-40 work hours per week

Essential Skills

- Ability to work autonomously and as part of a team
- Excellent communication skills, both verbal and written
- Ability to develop rapport with clients on an individual basis through a relational care model
- Time management and organization

Qualifications

- Registered with the Commission on Dietetic Registration (CDR), Active and in good standing
- North Carolina State Licensure, Active and in good standing
- One year of clinical experience in a setting serving a similar clientele, preferred
- Eligible for or already paneled with commercial insurance providers

Physical Requirements

- Position is mostly sedentary with regular need to traverse throughout the office
- Occasional need to lift and carry up to 25 pounds



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