

## PACKAGES AND PRICING

### NUTRITION SERVICE FEES

- **FIRST VISIT + PERSONALIZED NUTRITION PLAN: 125 CHF**

Includes:

- Comprehensive nutrition and lifestyle assessment
- Review of medical history, symptoms, goals and routines
- Analysis of food habits and possible imbalances
- Fully personalized nutrition plan tailored to your needs
- Practical guidelines and recommendations
- Initial action steps to start immediately

- **FOLLOW-UP CONSULTATION: 80 CHF**

Includes:

- Review of progress, symptoms and challenges
- Adjustments to the nutrition plan
- Resolution of doubts and questions
- Continued education and practical tools
- Motivation and accountability

- **4-VISIT PACKAGE: 300 CHF**

Includes:

- First visit + personalized nutrition plan
- 3 follow-up consultations
- Ongoing coaching and support

- **QUARTERLY PACKAGE: 400 CHF**

Includes:

- First visit + personalized nutrition plan
- 5 follow-up consultations
- Continuous coaching and support



- **PERSONALIZED DIET PLAN: 100 CHF**

For specific needs such as:

Athletes, vegan, gluten-free, keto, anti-inflammatory, hormonal health, endometriosis, etc.

Includes:

- 2-week tailored menu
- Nutritional guidelines and explanations
- Shopping list
- Practical tips for implementation

*\*Does not include live consultation or follow-up unless booked separately.*

## **NUTRITION EDUCATION AND WORKSHOPS FEES**

- **NUTRITION EDUCATION: 80 CHF/hour**

Topics may include:

- Menu planning and meal organization
- Grocery shopping and label reading
- Understanding nutrition concepts
- Dietary strategies for specific goals
- Resolving doubts and nutrition-related questions

- **HEALTHY COOKING, BAKING, AND PASTRY CLASSES: 100 CHF**

Includes:

- Hands-on cooking guidance
- Recipe explanations and adaptations
- Cooking techniques and organization tips

*\*Ingredients are **not included** and must be provided by the client unless otherwise agreed in advance.*

- "TAKE ME SHOPPING WITH YOU" WORKSHOP: 100 CHF

Includes:

- Menu planning
- Shopping list creation
- Supermarket visit or virtual guidance
- Label reading and product selection

*\*Subject to geographical feasibility*

## WHAT PLAN SUITS YOU BEST?

Book for FREE your 10 minutes DISCOVERY CALL

+41 782471793

[nutreat.marina@gmail.com](mailto:nutreat.marina@gmail.com)

*\*The duration of the first consultation + personalized nutrition plan is 60-90 minutes, and the follow-up consultation is 30-40 minutes approximately.*

*\*Coaching and support offered via WhatsApp and email throughout the entire nutrition service.*

*\*All services must be paid in full when booking the day/time of the contracted service.*

*\*All services are designed for one individual. If you are interested in couples or group sessions, please get in touch for pricing.*

*\*Free cancellation/change up to 24 hours before.*

*\*All services are offered both online and in person.*

