

PACKAGES AND PRICING

NUTRITION SERVICE FEES

- **FIRST VISIT + PERSONALIZED NUTRITION PLAN**

130 CHF

Includes:

- Comprehensive nutrition and lifestyle assessment
- Food habits & imbalance analysis
- Custom nutrition plan for YOUR goals
- Practical steps to start TODAY

- **FOLLOW-UP CONSULTATION**

85 CHF

Includes:

- Progress review & plan adjustments
- Doubt resolution + nutrition education
- Motivation and accountability tools

- **BUNDLES**

- **6-visit bundle: 500 chf**
- **12- visit bundle: 950 chf**

***Included:** WhatsApp/Email support (Mon–Fri, reply <24h), monthly hormone-friendly recipes, custom meal plan adjustments, and progress tracking tools.



NUTRITION EDUCATION AND WORKSHOPS FEES

- **NUTRITION EDUCATION SESSIONS**

Master your nutrition basics

80 CHF/hour

Popular topics:

- Menu planning & grocery organization
- Smart label reading
- Key nutrition concepts explained
- Goal-specific dietary strategies
- Q&A – resolve your nutrition doubts

- **COOKING CLASSES at home**

Introductory healthy cooking class

Personalized baking, pastry & savory sessions

Includes:

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

Private cooking class (1 person)

- 120 CHF/hour

Semi-private cooking (2 people)

- 100 CHF per person/ hour

Small group cooking (3–4 people)

- 90 CHF per person/hour

**Subject to geographical feasibility*

*** Ingredients not included*



- "TAKE ME SHOPPING WITH YOU"

Personalized grocery selection: 100 CHF

- Custom menu planning for your goals
- Complete shopping list creation
- 90-minute in-store guidance
- Label reading & product selection

**Subject to geographical feasibility*

*** Ingredients not included*

PAYMENT & BOOKING

- **Payment methods:** Bank transfer (CHF), Twint or cash before session.
- **Cancellation policy:** 24h notice required for rescheduling (no charge). Late cancellations forfeit session.

WHAT PLAN SUITS YOU BEST?

Book for FREE your 10 minutes DISCOVERY CALL

+41 782471793

nutreat.marina@gmail.com

**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.*

