

PACKAGES AND PRICING

NUTRITION SERVICE FEES

- **FIRST VISIT + PERSONALIZED NUTRITION PLAN:** 125 CHF
- **FOLLOW-UP CONSULTATION:** 80 CHF
- **4-VISIT PACKAGE:** 300 CHF (Includes 1st visit + personalized nutrition plan + 3 follow-up consultations + coaching/support)
- **QUARTERLY PACKAGE:** 400 CHF (Includes 1st visit + personalized nutrition plan + 5 follow-up consultations + coaching/support)
- **PERSONALIZED DIET PLAN:** 100 CHF
Specific diets: athletes, vegan, gluten-free, keto, anti-inflammatory, endometriosis...
Includes: 2-week adjusted menu + guidelines/recommendations + shopping list.

*For couples or groups, consult the price

NUTRITION EDUCATION AND WORKSHOPS FEES

- **NUTRITION EDUCATION** (individual and online/in-person): 80 CHF/hour
Session to choose from: menu preparation, shopping list, reading labels, healthy eating, culinary techniques, diets, resolving doubts and nutritional questions, etc.

*For groups, consult the price



- **HEALTHY COOKING, BAKING, AND PASTRY CLASSES** (individual and in-person): 100 CHF/hour

*For groups, consult the price

- **"TAKE ME SHOPPING WITH YOU" WORKSHOP** (individual and in-person/online): 100 CHF

I help you creating the menu, the shopping list, and then we go* together to the supermarket to choose foods and read labels.

*Subject to geographical area feasibility conditions

WHAT PLAN SUITS YOU BEST?

Book for FREE your 10 minutes DISCOVERY CALL

+41 782471793

nutreat.marina@gmail.com

The duration of the first consultation + personalized nutrition plan is 60-90 minutes, and the follow-up consultation is 20-30 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.

Free cancellation/change up to 24 hours before.

