



FREE initial consult and meal plan to the first 10 who sign up.

Ready to unlock your potential?

CRISTINA SUTTER, MHSC., RD
PRIVATE PRACTICE DIETITIAN

6 Weeks to Build Muscle Mass

with the #1 Rated Sport Dietitian in BC

Mondays 8-8:45pm | Starts in Feb, April and Sep 2025

This program is hosted online and uniquely designed for 14-17 year old male athletes who are keen on improving performance and building muscle mass.



Co-Facilitated by Cristina Sutter, MHSc., RD & Brianna Gorman, MSc., RD

WEEKLY OVERVIEW

- 1 Get your 1:1 consultation
- 2 Basics, Smoothies & Breakfast
- 3 Training & Recovery Snacks
- 4 Weekends, Snacks & Bedtime Snacks
- 5 Protein, Creatine, Gainers
- 6 Hydration, Sport Drinks, Tournaments

PROGRAM FEATURES

- Individual Feedback: Get advice on meals and snacks.
- Interactive Q&A: Have questions addressed in real-time.
- Skill Building: Enhance food skills with practical teen-friendly snack ideas.
- Huge Savings: Only \$560 CAD, covered by extended health plans.

Book your spot today:

www.EliteDietitian.JaneApp.com

LET'S CONNECT!

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ATHLETE RESOURCES:

