

Ready to unlock your potential?

Sport Nutrition Course for Tough Girls with the #1 Rated Sport Dietitian in BC



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

Mondays 8-8:45pm | Starting June 2, 2025

This program is hosted online and uniquely designed for 13-17 year old female athletes who are keen on improving performance through sport nutrition.



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

5 WEEK PROGRAM

- 1 Get Your 1:1 Consultation
- 2 Sport Nutrition Basics and Breakfasts
- 3 Recovery, Training & Bedtime Snacks
- 4 Learn to Cook Easy Recipes for Teens
- 5 Games, Tournaments, Travel, Weekends

Be the first 10 to sign up and get a FREE initial consult (\$175 in value)!

Book your spot today:

www.EliteDietitian.JaneApp.com

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 meal recipes and snack ideas.
- Huge Savings: Only \$560 CAD, covered by extended health plans (insurance-friendly receipts will be provided).

LET'S CONNECT!

- ✉ cristina@elitedietitians.com
- 🌐 www.EliteDietitians.com
- 🌐 www.CristinaSutter.com
- 📷 @Elite.Dietitians

ATHLETE RESOURCES:

