

Recommended Registered Dietitians



Marissa Sommers
marissasommers.com

Learn how to fuel with confidence instead of fear.



Dina Giffin
nutritionmechinc.com

**Empowerment through nourishment.
Improving endurance performance for athletes.
Propelling health for all.**



Riona Courtney
elev8nutrition.ie

Reach your peak potential through accountability and support, nourishing foods and non-restrictive eating.