



I'm a registered dietitian/nutritionist with over 17 years of experience providing tailored and practical solutions to my clients who seek nutrition advice.

I have published two cookbooks: *The Easy Gastric Sleeve Bariatric Cookbook* and *The Plant-Based Weight Loss Solution Cookbook*.

I love helping my clients find clarity to make nutrition decisions that allow them to thrive. So they can healthily and happily sail towards their health goals with confidence.

My specialties are: weight management, heart disease, diabetes, digestive issues, nutrition after gastrointestinal surgeries, and nutrition for health.

Have a Healthy Life,

Marina Dietitian



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Check your insurance coverage with Marina:

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