



Personalized Performance Nutrition

Discover Your Nutritional Grade

You get a check-up at the doctor, the dentist, the optometrist, but when is the last time you had a nutrition check-up? Find out your nutrition grade and see how we can help you get an A+ with a 30-minute Kick-Off session. Abdominal-fat scan included.

\$49

Personalized Performance Nutrition

Personalized 1-on-1 nutrition and supplement consulting
\$399 for 3 Sessions

21-Day Group Purification Program

Take the first step towards reaching your goals of fat loss, enhanced performance, improved digestion and overall health! Uses food-based supplements, herbals and homeopathy to bring your body back to balance.

Prices vary on group size.

Great to do with a friend or training buddy!

7-Point Ultrasound Body Fat Test

The most accurate, quantitative hand-held body fat test. Recommended for anyone who wants to stay strong and fit!

\$25

Comprehensive Body Composition & Muscle Scans

In addition to the 7-point Body Fat Test, this includes ultrasound scans that measure the exact size of both fat and muscle in order to track changes over time. Highly recommended for serious athletes and those focused on body composition goals.

\$99

Get "Oligo-Scanned"

This revolutionary scan provides instant feedback on your heavy metal and overall intoxicants and tissue mineral status, critical for optimizing energy and overall health. Great to combine with the Kick-Off Session!

\$99

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Julie H. Burns, MS, RD, CCN
Founder, SportFuel, Inc.
& Eat Like the Pros, LLC



Optimal nutrition is required for peak performance & wellness. Everyone is unique and can benefit from a plan tailored to their biology, lifestyle and sport or activities.

As the Team Nutritionists for the Chicago Blackhawks and other pro athletes, SportFuel can provide you with the same expertise that has been fueling our clients for years!



Alexandria Cotie, RD, LDN

SportFuel, Inc. creates customized nutrition programs and meal plans that optimize performance by addressing specific energy needs, all while enhancing detoxification pathways necessary to fuel the body and mind. We work with professional, collegiate and high school athletes as well as non-athletes in the areas of weight management, energy, digestive disorders, food allergies and sensitivities, inflammatory conditions, autoimmune disorders, Celiac disease, injury recovery and prenatal nutrition. Our customized programs incorporate nutritional assessment, testing and coaching to provide recommendations for diet and lifestyle changes using personalized nutrition and supplement formulations.



Eat Like the Pros® is a personalized meal delivery service that can be designed based on your customized nutritional plan.

Visit us at SportFuel.com and EatLikethePros.com