

MS

CLAIRE RIFKIN

RDN

NUTRITION



AS SEEN IN

GLAMOUR

Women'sHealth

well+GOOD

NEWYORKPOST

Forbes

CLAIRE RIFKIN, MS, RDN

Women's Health Dietitian

I'm a West Coast-based Registered Dietitian and Women's Health Expert helping women in their 30s feel better in their bodies without the wellness culture noise. My work focuses on science-backed nutrition strategies that support real energy, real focus, and real results, especially for women balancing demanding careers, shifting hormones, and full lives.

I partner with brands to create content that's grounded in evidence, not trends. Whether that's simplifying ingredient labels, highlighting smarter nutrition choices, or helping women cut through the clutter of what "healthy" is supposed to look like.

If you're looking to connect with women who care about how they feel, not about chasing perfection, let's work together.



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THE NUMBERS

Generating an average media monthly reach of over 750K+ and actively growing.



Instagram
Followers



TikTok
Followers



Demographic
Percentage



Monthly Social
Impressions



Monthly Media
Reach

RATES

INSTAGRAM & TIKTOK

What's Included:

- Trusted Endorsement from a Healthcare Professional
- 1:1 Content Strategy Session
- 3 Custom Content Pitches
- Professional Filming & Editing
- 2 Rounds of Revisions
- Published to 16,500+ follower

PRICING:

- | | |
|---------------------|---------|
| • Reel | \$500 |
| • Static Post | \$400 |
| • Story | \$250 |
| • Discounted Bundle | \$1,000 |
| • TikTok Video | \$150 |

UGC CREATION

What's Included:

- Healthcare Professional Created Content
- 1:1 Content Strategy Session
- 3 Custom Content Pitches
- Professional Filming & Editing
- 2 Rounds of Revisions
- Exclusive Usage Rights

PRICING:

- | | |
|-------------------------|---------|
| • Single UGC Video | \$200 |
| • 1 Month (3 videos) | \$450 |
| • 3 Mo. (4 videos/mo.) | \$1,800 |
| • 6 Mo. (4 videos/mo.) | \$3,200 |
| • 1 Year (4 videos/mo.) | \$5,000 |

MEDIA & CONSULTING

What's Included:

- Expert guidance in the wellness space
- Custom recipes featuring your product
- SEO-centered posts
- Credible endorsement from a Registered Dietitian

PRICING:

- | | |
|----------------------|----------|
| • Consulting Session | \$250/hr |
| • Recipe Development | \$200 |
| • Sponsored Blog | \$200 |
| • Media Mention | \$400 |
| • In-Person Talent | \$400/d |

PAST AND CURRENT BRAND PARTNERSHIPS:



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SPONSORED CONTENT CASE REPORT

Sponsored Reel Content

THE PARTNERSHIP:



THE RESULT:

12K

Reach

143

Likes

36

Shares

23

Comments



HOW THIS CAN WORK FOR YOUR BRAND:

In this sponsored reel with Red's, I showcased their frozen burritos through authentic, visually engaging content that aligned seamlessly with my personal brand. By leveraging trending audio and relatable messaging, the reel resonated with my health-conscious audience of 11K+ followers, driving significant engagement and measurable results, including a reach of over 11,000 impressions. This success demonstrates my ability to create on-brand, ROI-driven content that connects with target audiences and delivers tangible value for wellness, lifestyle, and nutrition brands. Let's work together to replicate this impact for your brand!



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