

MONIQUE RYAN, MS, RD, LDN



is a sports dietitian and nutritionist with over twenty years of experience. She is currently in private practice with offices in Evanston and Chicago, IL. Monique has consulted with endurance, team sport, and winter sport athletes competing at all levels. She has consulted with USA Triathlon, the Chicago Fire Soccer Team, USA Cycling, the Saturn Cycling Team, and several professional mountain bike teams. She contributes articles to *Outside Magazine*, *Inside Triathlon*, and *VeloNews*. Information on programs available in the Chicago area and across North America are described at www.moniqueryan.com.

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