



FWDfuel Rate Card

Featured RD Blog Post on Guest Site, \$600-\$2,000

Article written by a highly qualified registered dietitian on the topic of your choice to help promote your brand or product(s). Minimum 400 words, maximum 2,000 words.

Guest Request to Post Content on FWDfuel.com, \$250-\$500

Post an article on FWDfuel.com that promotes your brand or product.

Top Mention, \$350

FWDfuel.com often writes about the “best of”- protein powders, sports drinks, supplements, kitchen gadgets etc. These are our highest ranked posts across Google, often landing on the first page when searched.

Instagram Post on Guest Account, \$150

FWDfuel registered dietitian endorses your brand or product on your account.

Instagram Take Over for One Day, \$250

FWDfuel registered dietitian advertises your content in addition to evidence based content created for your account through stories and posts for the day. You may provide direction for content if desired.

Instagram Guest Post on FWDfuel Account, \$300

FWDfuel registered dietitian advertises your content on FWDfuel Instagram account to a targeted and captive audience.



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