

# Nourish to Thrive Culinary Consulting

Holistic Meal Planning &  
Garden Consulting for Wellness



## WHO I HELP:



- Individuals managing cancer, chronic illness, and inflammation
- Those seeking health-supportive, anti-inflammatory, and whole-food-based meal planning
- Families and individuals who simply want to eat better and feel their best
- Clients looking to grow fresh, nutrient-dense foods at home

## WHAT I OFFER:





- Personalized Meal Planning – Custom meal plans aligned with health goals & dietary needs
- Ingredient Guidance – Learn which foods best support healing & overall wellness
- Pantry Makeovers & Kitchen Coaching – Optimize your kitchen for stress-free, nourishing meals
- Seasonal & Sustainable Food Strategies – Making fresh, local, and wholesome eating simple
- Garden Consulting – Personalized support for growing healing, nutrient-rich foods

## WHY WORK WITH ME?



- Classically trained chef with expertise in health-supportive cooking
- Holistic approach blending meal planning & homegrown nutrition
- Personalized guidance to help you and your family thrive through food & gardening

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