

# HEALTHY LIVING

## *Healthy Flavors*

### **Nutritionally Personalized Private Cooking Instruction**

Learn to make easy, delicious, healthy meals & snacks, tailored to your specific dietary needs and food likes/ dislikes!

#### **Nutrition Consult (approx. 1 hours):**

A counseling session with a review of diet and medical history, includes short and long-term goal setting; leave with a step-by-step plan for accomplishing goals. Typically done at your home and includes a review of your pantry and refrigerator, where we come up with easy ideas for improvements.

#### **Meal Plan & Recipes:**

After the initial consult, receive a 7-day personalized meal plan tailored to include your favorite foods, fit your calorie level, and work with your lifestyle.

#### **½ Day Cooking Instruction (approx. 4 hours):**

Begins with a trip to the grocery store to learn the best way to navigate the aisles and stock your kitchen with the foods from your meal plan, also tips and tricks for making healthy choices. Then select 4-6 dishes from your meal plan to prepare, start to finish. At the end, you will have a delicious home cooked meal plus a fridge stocked with food for the next few days!

#### **Single Cooking Session (approx. 2 hours):**

Start at the grocery store learning to select the foods for your meal plan, then receive step-by-step instruction for preparing 1-3 recipes. After first session, option to skip grocery tour and instead learn 2-4 recipes.

Questions? Contact: [Allison@HealthyLivingHealthyFlavors.com](mailto:Allison@HealthyLivingHealthyFlavors.com)  
[www.HealthyLivingHealthyFlavors.com](http://www.HealthyLivingHealthyFlavors.com)