

Services

Nutrition Nanny

Here you will get the individual attention you need for success! Working with you, services include in-house consultation, preparation of meals and a detailed menu plan including recipes for future use. This way, you will gain a better understanding of food choices and the benefits of advanced meal planning. The ultimate goal is for the client to feel confident and organized enough to make educated food choices and stay ahead of the game in the future.

Examples of in-house meal preparation include:

- 5 days of school lunches for kids
- 5 days of kids/family breakfasts
- 5 days of family dinners

Nutrition Night-Out

What goes together better than friends and food? Grab 4 friends and choose a nutrition topic that interests you. Clean eating requires getting your hands dirty in the kitchen so we'll all cook and learn about the foods we are preparing. Take away sample meal plans and recipes for foods prepared at each session.

Hot topics include:

- healthy fats and oils
- incorporating probiotics
- better choice desserts
- easy take-along appetizers
- introduction to "plant-first" cuisine
- snacks for the fridge
- the local, organic difference
- reducing inflammation in the body (arthritis, colitis, atherosclerosis, etc)
- a topic of your choice

Clean Corporate Wellness

Need an idea and time to fill for a day of workshops, team-building or meetings? Build a healthier workforce through education by Intelligent Eats.

1-hour session topics include (but are not limited to):

- Foods to boost memory and concentration
- The gut-brain connection and how the state of your intestinal flora influences your mental health
- Chronic disease prevention

Individualized Client Services

Through a series of questionnaires, we will identify your body's personal health needs and support them through optimal nutrition. Packages are available based on the level of support the client needs for success.

1 - Intelligent Eats Clean Scene

For a client who is either unsure how much they are willing to invest in a new dietary lifestyle or who feels confident in independently making new food choices based on the recommendations provided. Package includes an initial meeting to discuss health concerns and current dietary habits. Clients will be provided with forms to fill out and asked about food preferences and aversions. A secondary appointment will discuss the summary of findings based on questionnaire results, as well as recommendations going forward. A written report and sample 5-day menu will be provided.

2 - Intelligent Eats Clean Cuisine

For clients who are making a big shift in eating and need additional on-going support to make the transition a success. Highly recommended for candidiasis protocol support, new-comers to clean-eating and those intent on change in order to feel well.

Package includes an initial meeting to discuss health concerns and current dietary habits. Clients will be provided with forms to fill out and asked about food preferences and aversions. A secondary appointment will discuss the summary of findings based on questionnaire results, as well as recommendations going forward. A written report, 2 weekly menus and accompanying grocery lists will be provided. Throughout a 4-week period, communication will be on-going via phone, e-mail or text so that we can support this lifestyle change and bring about success.

3 - Intelligent Eats Obscenely Clean

For on-the-go clients with busy lives or occupations. Intelligent Eats supports your health choices in all environments and offers support along the way. Fee covers 4 weeks with the option of purchasing additional weeks for meal plans or nutritional travel support.

Package includes an initial meeting to discuss health concerns and current dietary habits. Clients will be provided with forms to fill out and asked about food preferences and aversions. A secondary appointment will discuss the summary of findings based on questionnaire results, as well as recommendations going forward. A written report, as well as weekly menus and accompanying grocery lists will be provided (2 weeks at a time). Additional support is provided for the following: recipe ideas for dining with others (for example planning a dinner party menu or bringing a side dish or appetizer to an event), planning restaurant meal choices ahead of time, planning meal choices when travelling for business.

Sport Savvy Nutrition

Real food equals optimal performance. The less processed foods are, the less energy required by the body to break it down, saving more energy for athletic output. Intake of carbohydrates, proteins and fats for your sport as well as pre- & post-event nutrition options and timing will be incorporated into meal plans. Flexible consultations available from individual sessions focused on digestive health and sport-specific nutrition, to team-based parent or team information or hands-on cooking sessions.