
Jamie Lee

Meal Prep Specialist | Nutrition Consultant

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**Professional Summary**

Dedicated Meal Prep Specialist with 5+ years of experience in planning, preparing, and delivering customized meals that support health goals, dietary preferences, and convenience. Proven ability to create sustainable meal plans for weight management, muscle gain, dietary restrictions, and busy lifestyles. Passionate about making healthy eating accessible, affordable, and enjoyable.

Education**Certificate in Nutrition & Health Coaching**

Wellness Academy – Online

Completed: April 2017

ServSafe Certification

ServSafe National Restaurant Association

Completed: August 2016

Key Skills

- **Custom Meal Planning:** Develops tailored meal plans for individual clients and families, including vegan, gluten-free, and low-carb diets.
- **Nutrition Consulting:** Guides clients on balanced nutrition and portion control, with knowledge in macro/micronutrients and dietary adjustments.
- **Food Safety & Preparation:** Adheres to food safety standards, ensuring that meals are fresh, properly stored, and prepared in a clean environment.
- **Efficient Meal Prep & Delivery:** Streamlines meal prep and packaging, ensuring meals are ready for easy reheating or assembly.

Experience

Personalized Meal Prep Service Provider

Self-Employed – Wellness City, CA

June 2019 – Present

- Developed a meal-prep service that serves over 30 regular clients, including professionals, athletes, and busy families.
- Specializes in weekly packages with options for vegan, keto, and low-carb diets, providing fresh meals and easy-to-follow instructions.
- Collaborated with clients to create meal plans for weight management and nutritional balance, achieving an 85% client satisfaction rate.
- Enhanced service efficiency by implementing batch cooking methods, reducing prep time by 20%, and optimizing portion control to minimize food waste.
- Received consistent positive feedback from clients on the freshness, flavor, and convenience of meals provided.

Nutrition Consultant

Healthy Living Nutrition Center – Wellness City, CA

January 2017 – May 2019

- Advised clients on customized nutrition plans for health goals like weight loss, muscle gain, and managing specific health conditions.
- Partnered with dietitians to craft educational workshops on meal prepping, which resulted in a 25% increase in program engagement.
- Created simple, affordable meal plans and recipes, leading to a 30% improvement in clients' adherence to their dietary goals.

