

## Brain Food: Coaching Services

### One-On-One Coaching:

We can provide one-on-one coaching to help you wherever you are on your health journey. We can help you:

- Establish a whole-food / plant-based lifestyle.
- Grocery shop effectively.
- Meal plan and prep.
- Address specific health issues with food and nutrition. (with support from your physician)
- Individualized support.

### Meal Planning:

Let us develop weekly meal plans based on your and your family's preferences. We can even shop for and prep your ingredients!

### Group Classes:

Join a group class and learn with others!

### Meal Prep Events:

Come to our kitchen where we will provide the ingredients and instructions for prepping a week's worth of ready-to-cook meal kits. Or invite us to your kitchen for a private event with your friends!



### Free Weekly Meal Plan

[Click here for a sample meal plan with grocery list](#)

### Interested In Our Coaching Services?

[Click here to learn more](#)