

Wellness Services

Your personalized program will radically improve your health and happiness. Together, we will explore concerns specific to you and your body and discover the tools you need for a lifetime of balance. Learn the real way to treat food so you never have to diet again.

During Your Program You Will:

- Set and accomplish goals
- Explore new foods
- Understand and reduce cravings
- Increase energy
- Feel better in your body
- Improve personal relationships

Food changes everything. As your daily diet changes, your body changes and your happiness improves. Imagine what your life would be like if you had clear thinking, energy, and excitement every day. Learn more about our available monthly packages and how to get started transforming your life on our website.

Your Program includes...

- One-hour initial client assessment
- Two, one-hour sessions per month
- Step-by-Step Plan to help you reach your goals making positive changes that are easily integrated into your life
- Total Support: Motivational and Emotional via email
- Recipes to help simplify your life and cooking
- Recommended readings, cooking instruction, wellness workshops

My Personal Approach

I practice a holistic approach to nutrition, which means that I look at how all areas of your life are connected. Healthy relationships, a fulfilling career, regular physical activity and a spiritual practice are essential forms of nourishment. When these “primary foods” are balanced, what you eat can become secondary as the positive energy in our lives can fulfill us in ways food cannot.

As my experience as a Personal Chef the past 10 years, I can teach you how to prepare meals and/or freeze meals in advance which will save time and money. I can also demonstrate healthier cooking techniques with the proper ingredients to help you stock your pantry with the right foods for a balanced diet. Taking into consideration your age, health, activity level and personal preferences, I will work with you to determine your dietary needs. Together we look at how all parts of your life affect the whole, finding the best way to make all aspects work together for a healthy and balanced future.

Contact Donna Today!

(845) 548-6520
www.whatscookingforyou.com



Cooking Classes

Our cooking classes are designed to teach new skills for cooking nutritiously while also developing your cooking ability. Enjoy demonstrations and hands on learning in the comforts of your own home with groups ranging from 4-12 people. These themed classes are offered in a variety of options, a few of which include:

- **Healthy Cooking Techniques**
- **Delicious Appetizers**
- **Soups, Salads and Dressings**

Throughout these classes you will not only learn new cooking skills and methods, but you will ultimately learn how to deepen your relationship with food. Whether you're looking for ways to prepare meals for specific events, or simply want to know how to create nutritious options, our cooking classes will provide the knowledge you need to meet your personal goals. Individual consultations are also available for more personalized sessions.

Wellness Workshops

Our workshops provide an interactive and informative opportunity to learn about important dietary topics, questions, and skills. Find out in-depth information for current topics that will expand your knowledge of food and health while improving your daily routines. Examples of the types of sessions you can attend include:

- **Pantry Make-Over:** Learn how to upgrade and sort out the foods in your home to create a healthier home environment.
- **Behind-the-Scenes:** Find out where your food comes from through informative classes and discussions as well as on-site demonstrations at local farms when available.
- **Lunch & Learn:** Spend your lunch hour learning how to create quick and nutritious dishes during the week.

Because finding available time can be difficult, workshops can be planned around your schedule. From phone conversations to meetings during a break at work, these sessions are customized to fit into the free-time you have during the day. Working these experiences into your day can create a powerful change in the way you treat food for your health and in your life.

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SHOPPERS GUIDE TO PESTICIDES

DIRTY DOZEN

Buy These Organic

WORST	1	Peach
	2	Apple
	3	Bell Pepper
	4	Celery
	5	Nectarine
	6	Strawberries
	7	Cherries
	8	Kale
	9	Lettuce
	10	Grapes (Imported)
	11	Carrot
	12	Pear

CLEAN 15

Lowest in Pesticides

BEST	1	Onion
	2	Avocado
	3	Sweet Corn
	4	Pineapple
	5	Mango
	6	Asparagus
	7	Sweet Peas
	8	Kiwi
	9	Cabbage
	10	Eggplant
	11	Papaya
	12	Watermelon
	13	Broccoli
	14	Tomato
	15	Sweet Potato

