

# CULTIVATING HEALTH

## WORKPLACE WELLNESS TOPICS

- Developing a positive, playful relationship with food
- Menu planning tips and quick, easy meal ideas and kitchen tricks
- Eating for energy, clarity and productivity
- Healthy Holidays – making healthy choices and time for play during this busy, often stressful time of year
- Eating healthy when dining out with co-workers, friends and family
- Creating healthy snacks for work and travel
- Improving hydration – tasty tips and strategies including making herb-fruit-veggie infused waters and healthy mocktails
- Understanding your crazy cravings and what they are trying to tell you and your body about your diet and lifestyle
- Beating the sugar and caffeine blues with food and play
- Building immunity and clarity through detoxification
- Improving digestive health – benefits of special diets
- Reducing stress through play, good fats and other nutrient rich foods



## SAMPLE SEASONAL FOOD DEMO DISHES

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|--|-------------------------|
| Strawberry Cilantro Coconut Smoothie                 | Pumpkin Pie Smoothie    |
| Swiss Chard, Italian Sausage & Lentil Skillet        | Collard Green Wraps     |
| Mashed Sweet 'Tators, Turnips & Caramelized Shallots | Coconut Braised Greens  |
| Buckwheat Garden Salad                               | Asparagus Guacamole     |
| Kale, White Bean & Potato Soup                       | Quinoa & Cilantro Salad |
| Roasted Squash, Goat Cheese & Arugula Salad          | Minted Green Pea Soup   |

*Because Kim uses local, seasonal ingredients when possible, her menus vary depending on what's available. Her selections are mostly vegetarian; however, if animal protein is requested, she sources from clean, responsible farmers. Topics and food demos can be customized for your audience.*

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*eat. play. love.*