



# Alternative Dish Health Coaching

## 1:1 Coaching

**\$60/one-hour session or \$225/four one-hour sessions**

Changing the way you eat can be a daunting process. Whether you are taking gluten out of your diet, wanting to move toward a plant based diet or just trying to figure out how to fit more vegetables into your diet, I can help you make that transition. I specialize in helping you build a lifestyle around your food sensitivities that will assist you in making the transition with ease.

I am an expert in diets free from gluten, dairy, eggs, nuts, nightshades, and more!

Services offered:

- Transition support for food sensitivities or allergies
- Recipes based on your food sensitivities and cooking level
- Meal prep guidance and grocery list
- Pantry Clean Out
- Grocery Store Tour
- Cooking Lessons
- Exercise and movement guidance
- And more...

Schedule your complimentary discovery session to find out if working together would benefit you.

[Schedule Your Free Discovery Session](#)

## Customized Recipes and Menu Plans

**\$40 for initial assessment and 1-week of easy to follow recipes; \$20/week after initial assessment. Purchase a 4-week package and receive the assessment free of charge.**

We will setup a [one-on-one phone assessment](#) to talk about your food sensitivities, dietary needs, likes and dislikes, kitchen equipment and level of cooking knowledge. I will prepare a personalized 7-day recipe book and grocery list based on our conversation.

## Cooking Coach

**\$60/one-hour session**

Learning that you need to change your diet can have a profound impact on your life and the time you spend in the kitchen. As a chef and coach I am passionate about empowering people with new dietary restrictions and allergies to cook so they can continue to enjoy eating. Together we will make mutually agreed upon recipes that focus on techniques for specific food sensitivities as identified by the client.



## Cashew Mozzarella

- 1/2 cup raw cashews, soaked for at least 2 hours if not using a high powered blender
- 1/2 cup water
- 2 tablespoons tapioca starch
- 1/2 teaspoon sea salt
- 1-2 tablespoons nutritional yeast to taste
- 1 teaspoon olive oil
- 1 teaspoon vinegar or lemon juice
- 1 clove garlic or 1/4 teaspoon garlic powder optional

Add all ingredients to a blender and blend for 2-3 minutes until completely smooth, scraping down the sides once or twice as needed.

Pour the mixture into a small saucepan and cook over high heat for 4-5 minutes, stirring constantly with a silicone spatula. The mixture will start to look curdled after a couple minutes, and this is exactly what you want! Keep stirring. After a few more minutes it will come together in a cohesive ball that will stretch when lifted with the spatula. Your mozzarella is done!

At this point you can use it lots of different ways. Here's some suggestions:

Hot out of the pan: Blob it on pizza, spread it on bread and make grilled cheese or spread it on tortillas for a quesadilla.

Chilled: Chill the mozzarella ball for at least 4 hours. When chilled it is easier to manipulate and you can cube it for caprese salad skewers, grate it for pizza on a large hole box grater, slice it thin and layer it in lasagna.

Store mozzarella in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months. With a little arm power, the cheese can be grated straight from the freezer onto pizza, quesadillas and grilled cheese sandwiches.

## Tofu Ricotta

Makes about 2 cups

- 1 14-ounce block firm tofu
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- ½ teaspoon garlic powder

Crumble the tofu in the bowl of a food processor. Sprinkle remaining ingredients over the tofu. Pulse the tofu mixture until smooth. Season with more salt and lemon juice to taste.

This tofu ricotta can be used in place of regular ricotta in any recipe. Use in lasagna, baked ziti, on top of pasta, dolloped on pizza and more!

## Creamy Dairy Free Queso

Makes about 1 cup

- 1 ½ cups potatoes, peeled and diced
- ½ cup carrots, diced
- 1/3 cup cashews, soaked in boiling water for 30 minutes if not using a high powered blender\*
- 2 tablespoons nutritional yeast
- 2 tablespoons grapeseed or other neutral tasting oil
- 2 teaspoons lemon juice
- ½ teaspoon salt, more to taste
- 1 clove garlic
- 1 teaspoon white wine vinegar

Optional:

- 1 teaspoon chili powder
- ½ teaspoon onion powder
- 1/2 teaspoon cumin
- 1 teaspoon dried oregano

\*For a nut free version: use ¼ cup sunflower seeds in place of the cashews or simply omit. Omitting will result in a slightly less rich sauce, but it will still be delicious!

Add the potatoes and carrots to a small saucepan and cover with water. Bring to a boil and then reduce to a simmer and cook for 10-12 minutes, or until fork tender. Drain, but reserve the cooking water.

Add all remaining ingredients (including optional ingredients if using) and 3 tablespoons reserved cooking water to a blender. Blend until smooth and creamy, adding more of the reserved cooking water as necessary to reach desired consistency.

Use as a chip dip, drizzle over nachos, pour over roasted veggies, use as a sauce for mac & cheese, use as a sauce for tacos and more!