

FOOD, HEALTH & CULINARY GUIDANCE



SERVICES

Functional Nutrition Solutions
Customized Culinary Guidance

field to plate



Amanda Archibald RD with Meryl Brandwein RD



FEEL BETTER | EAT BETTER | BE BETTER

ABOUT OUR WORK

Functional Nutrition and Customized Culinary Guidance represents a new paradigm in food, nutrition, health and medical services. We marry the science of nutrition with the art of the kitchen to develop customized culinary and nutrition solutions for each and every individual. Our work is part of the movement and the science that believes that Food Is Medicine. This field believes that illness is a reflection of your body out of balance. We no longer look at your rash, insomnia, creeping fatigue or borderline depression and offer medication as the sole cure. Instead, we peek under the body's hood and look for a break in the metabolic connections, a deficiency in core nutrients, a break in the body's communication gap. And where we can, we use nutrients as a core part of your health solution. We believe that the body has an innate ability to heal itself. We will support that health and healing journey using the best of evidence-based science and flavor based health supportive cuisine

WHAT TO EXPECT

Health is not cultivated in one day. Nor is illness. We don't suddenly wake up well or succumb to sickness. Life, illness and wellness is a journey we cultivate. Our health becomes an expression, or a mirror, of the world we have exposed ourselves to. Exposure may be in the form of food, the environment, our emotions for example. Health or sickness is a destination in life's continuum; a consequence of life's choices. The mid-point of a journey.

We are all familiar with the adage that *Rome was not built in a day*. Neither was your health or your lack of wellness. So with this in mind, we believe that your health cannot be restored in one visit, one conversation, one medication or even one healing modality? The models of healing that we espouse reflect the idea of balance. Sickness reflects a body out of balance. Wellness reflects a body in balance. No one pill, one supplement, one food, one exercise or one healing touch restores balance. Balance is a system you work towards – *throughout life*. Food and nutrition is the foundation of this balance

OUR APPROACH

Amanda and Meryl leverage their expertise in nutrition, food and the culinary arts individually and as a team. Meryl focuses on nutrition intervention, while Amanda focuses on bridging your nutrition prescription to your plate. Since Meryl and Amanda are fluent in nutritional science and the culinary arts, if one is away, the other knows how to play!

We offer a variety of packages to choose from. We focus on packages versus independent visits since we cannot achieve what we need to in one visit. And - you cannot absorb or implement what you need to in one visit. Wellness takes time, patience and support.

We utilize a number of cutting edge nutrition and metabolic evaluation techniques to provide you with the best insights into your health and wellness journey. We choose custom ingredients and recipes and create diet strategies and meal ideas reflecting the best of nutritional science in your program. The result: a nutrition roadmap and meal program that is unique to you, your physiology and your wellness journey.

And each step, we illustrate all that we do, so that you know exactly where you are and why you are there.

OUR EDUCATION

Amanda and Meryl are licensed and registered to practice their art and share collectively more than 37 years of experience. As professionals, we believe in the best of education, cutting edge education and continuing education. Our road to professionalism incorporates an intensive education in nutritional biochemistry, food science, biology, organic chemistry, microbiology and physiology. We have both pursued additional education in functional nutrition, integrative medicine and nutrigenomics. We believe deeply that the work we do requires an extensive understanding and interpretation of science and food which cannot be achieved without intensive education, interning and continued pursuit of education.

When not actively educating, counseling or recipe testing for clients, Amanda and Meryl attend cutting edge seminars, workshops and webinars to embrace advances in functional nutrition, integrative medicine, and of course, the culinary arts. We are deeply grateful for the brilliant physicians, researchers, fellow nutrition professionals and chefs on whose shoulders we stand.

PACKAGES

HEALTH SUPPORTIVE

For individuals seeking assistance with “basic” health concerns. If your health picture has recently changed or you have a nagging problem you cannot seem to get on top of, we recommend our Health Supportive package

- One In depth consultation with **Meryl** to review your health history and issues that may be contributing to your health or wellness picture and discuss a basic plan for you to include a treatment or initial diet protocol, possible testing* or supplementation. Plan 1 -1.5 hours
- Two additional Nutrition Consultation Follow Ups with Meryl
 - Discuss test results and your plan. Answer questions. Provide guidance
 - Address issues and determine additional protocol (plan) for treatment. Deeper nutritional guidance
 - Thorough explanation of your plan, what to expect and how to initiate and integrate your program into your life
 - Plan an additional 1 hour or more for these consultations
 - A comprehensive personalized portfolio from Amanda containing
 - A visual (graphic) plan depicting nutrition issues and how our nutrition/ingredient and food plans address those goals
 - Roadmaps linking ingredients and custom recipes to your personal nutrition plan
 - Basic (pick and choose) one week core meal plan plus additional supportive recipes
 - Supportive resources to guide further understand and learning (food/ingredients/nutrition)
 - A minimum of 90 minutes personal support plus email support

PACKAGE: \$475.

Optional private culinary coaching and/or personal chef service

*Testing is optional and is additional.

ADD ON: additional supportive 4 week menu plan: \$199

RESTORATIVE

From illness to wellness , we designed this 8 week package for individuals living with multiple health challenges. Nutrition intervention emphasis on restoring balance and implementing health supportive eating.

INCLUDES

- Comprehensive initial assessment and consultation
- 1 hour comprehensive follow up evaluation
- Optional testing* to evaluate metabolic functioning and (im)balances
- Prioritization of health goals and design of incremental nutritional plan to address nutritional needs and rebalancing based on evaluation and metabolic/lab testing analysis.
- Development of comprehensive restorative health and nutrition plan with in-depth education
- 2 in-depth follow ups
- Comprehensive culinary evaluation to align nutrition needs with your culinary abilities/interest, budge, kitchen and personal preferences
- Customized nutrition portfolio linking our nutrition guidance and custom ingredients/recipes mapping to your health restoration
- Customized recipes and meal plans for 8 weeks (4 x 2 week plans, evolving to meet progressive nutrition goals). Detailed illustrated portfolio mapping ingredients and recipes to your restoration plan
- Bi weekly coaching and support. Unlimited email access to answer food and culinary questions

PACKAGE: \$699

Optional private culinary coaching and/or personal chef service in specific markets

*Testing is optional and is additional.

ENERGY & VITALITY PACKAGE – 6 WEEKS

Designed for people who are feeling a little off balance, maybe wanting to lose some weight, looking for a nutritional “tune up” or a kitchen makeover.

Clean and rejuvenate your body. Prepare your body for a new journey to vitality and energy. Refuel your body with health supportive foods that support robust health and weight management.

INCLUDES

- 1-1.5 one hour basic nutrition review and re-alignment with [Meryl](#)
- A two week Basic Cleanse/Gentle Detox and nutritional rebalancing program with [Meryl & Amanda](#)
- 3 x 1/2 hour coaching follow up sessions with [Meryl](#)
- Comprehensive Kitchen, food lifestyle and culinary evaluation to lay the groundwork for your personal meal plan and strategy
- Comprehensive 6 week (3 x 2 week) personalized recipe development/selection & meal planning plus from [Amanda](#)
- Plus
 - A comprehensive personalized portfolio containing
 - A visual (graphic) plan depicting nutrition issues and how our nutrition/ingredient and food plans address those goals
 - Roadmaps linking ingredients and custom recipes to your personal nutrition plan
 - Supportive resources to guide further understand and learning (food/ingredients/nutrition)
 - Unlimited email support to answer food and culinary questions

PACKAGE \$599

Optional private culinary coaching and/or personal chef service in specific markets

CONCIERGE PACKAGES

Some of our clients enjoy the support and ongoing meal planning structure in their lives. We offer the following service for you.

- Quarterly nutritional rebalancing and supplement (as needed) update.
- Personal menu plan rebalancing and recipe update to reflect seasonality and local produce/foods availability
- Email and phone support as needed
- Personalized health and nutrition resources and updates for your throughout the quarter/year

1. \$399 quarterly
2. \$1400 annually

CULINARY COACHING PACKAGES

We offer culinary coaching, cooking classes and personal chef support in the following markets. Coaching is offered at the local chef rate. Contact us to discuss your needs and chef rates.

Austin, TX
Baltimore Metro, MD
Dallas, TX
Denver, CO
Chicago, IL
Frederick, MD
New York, NY
Seattle, WA
Washington DC Metro

California: select cities, please contact us

RECIPE DEVELOPMENT AND CUSTOM MEAL/MENU PLANNING

If you are currently working with a doctor or nutritionist, however, need additional support to translate your nutrition prescription onto your plate, we're glad to help. It is our experience that most people get lost in the no man's land between sound advice and getting it onto your plate! We'll revisit your prescription and dietary advice and generate a meal or menu program that gets you eating your way to wellness. We also offer this service to parents and families needing support to structure family meal plans or to integrate special dietary needs of one or more family members

- \$125 for 90 minute session – analysis, basic recommendations, 1 week basic program
- \$349 for analysis, basic recommendations and detailed 4 week menu cycle with custom recipes and meal planning and email support

FAQs

Q: Can I come and see you for one session or one session and a follow up?

A: Our experience is that we cannot properly assess your needs, devise a nutrition intervention strategy and develop a health-supportive meal and menu program for you in one session. We therefore combine our work into packages that provide a comprehensive and supportive experience for you. While we can see you for nutrition counseling on an individual basis for one hour and half hour follow up increments we cannot develop the comprehensive packages that include customized meal planning.

Q: I am working with an MD/ND/DO/licensed nutritionist who practices functional medicine and has created a nutrition program for me, but I need help with translating that into a meal plan. Can I see you just for meal planning and/or culinary coaching?

A: Yes, absolutely. We welcome the opportunity to work with your health and medical providers. Call to discuss your needs.

Q: I am not sure what you offer is for me. Is it possible to have a free consultation to discuss my needs and whether your services are the right fit for me?

A: Yes, we are happy to talk with you for 20 minutes via phone about your needs and our services.

Q: Where and how do you provide services?

A: We provide our services in-person, via phone or via Skype. Our offices are in Weston, FL and New Market, MD. For culinary coaching and cooking lessons, we prefer to work in your kitchen, however alternative arrangements can be made.

Amanda Archibald also provides health supportive classes and simple culinary programming at Women in Wellness in Towson, MD

CONTACT US

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