

# Kristen Carlson Wellness

Nutritional Chef, Holistic Health Coach, Yoga Teacher,  
Beautycounter Consultant



## Contact Information:

[Kristencarlson87@yahoo.com](mailto:Kristencarlson87@yahoo.com)

[www.kristencarlsonwellness.com](http://www.kristencarlsonwellness.com)

Instagram: @kristencarlsonwellness

Facebook: [www.facebook.com/kristencarlsonwellness](https://www.facebook.com/kristencarlsonwellness)

(774)-239-8788

## Nutritional Chef

Kristen prepares nourishing, flavorful, and satisfying meals for her clients using whole, real ingredients. She provides the following services:

**In Home Meal Prep:** a customized menu based on your personal needs that is prepared and stored in your kitchen. Take the stress and time out of eating healthy with Kristen's Meal Prep Service

**Cooking Classes:** Kristen works with clients individually and in a group setting sharing her cooking tricks and tips. Learn how to make healthy and delicious food with Kristen! This service is for adults and children of all ages.

**Small Events, Special Occasions, and Retreats:** Kristen works with her clients to create the menu they are dreaming of. She puts time and care into preparing all of the food to make your event extra special.

All of Kristen's services are personalized for every client's life goals, health needs, allergy and dietary requirements, and visions!

## Nutrition and Wellness Coaching

Kristen works with clients individually providing services including, but not limited to: Personalized nutrition and wellness plans, goal setting, guidance with meal planning on your own and recipe suggestions, support to help you achieve your health and wellness goals, dietary analysis and input, lifestyle recommendations.

## Yoga

Kristen works with students individually and in the group setting teaching vinyasa yoga, yin, restorative, and meditation.

## Beautycounter

One huge step to better health is reducing the number of toxins we clutter our lives with. Beautycounter formulates products that are free of over 1500 chemicals that have been linked to hormone imbalances, infertility, autoimmune conditions, and many more health complications. As a Beautycounter consultant, I educate and empower people to make safe choices about the self care products they use.