



**Experience  
global flavours  
of health in  
Waiuku.**



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Book Classes + Buy Meals + Find out more

[www.nourishholisticnutrition.co.nz](http://www.nourishholisticnutrition.co.nz)

## OUR STORY

**Our passion is to heal and nurture through food.**

The idea of Nourish started when our much-loved niece was diagnosed with a malignant brain tumour. A top-notch team of specialists worked hard to get rid of the cancer. They found it hard to believe that food had a role to play in this fight for life. But, we did.

Our nourishing food, packed with cancer-fighting nutrients was initially designed to support her through surgery, chemotherapy and radiation. But, we soon realised that they had a greater role to play in remission! A simple lesson, well learnt on this journey – the quality of food you eat sustains quality of life!

Nourish was born out of this passion to heal and nurture back to health through food. And we bring this philosophy to our cooking classes, ready-made meals and one-on-one coaching.



# THE NOURISH HOLISTIC NUTRITION Menu

## NOURISH COOKING CLASSES



A workshop that focuses on evidence-based nutrition, professional cooking skills and creating nutrient dense meals. What you'll learn:

- How to cook nutritious recipes
- Professional cooking skills
- How to create delicious new flavours

A fun and rewarding way to invest in your health and the health of your family.

All classes hosted in our purpose-built commercial kitchen at 109 Kaihau Road, Waiuku

## WELLFED MEALS



Restaurant-quality, packaged for your convenience.

- Full of flavour and nutrition
- Pre-order on Wednesday
- Delivery/pick-up Thursday-Friday, 4-5pm

Delivery to Franklin area only.

Waiuku town: FREE

Delivery charges apply:

Glenbrook / Pollok / Otatau / Karaka / Pukekohe

## TEAM WELLNESS AT NOURISH

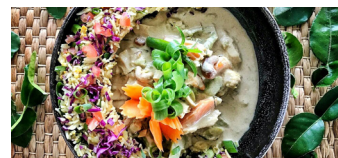


A cooking experience designed to bring your people together. Package includes:

- Nurture workplace connections by creating a nourishing meal together
- Fun activities and friendly competition that help your team bond
- Learn lifelong cooking skills and essential nutritional knowhow

Tell us about your organisation and we can tailor an experience to suit.

## INTERACTIVE COOKING EXPERIENCE



A unique culinary experience designed to create lasting memories through the joy of food. Package includes:

- A delicious and nourishing menu
- Interactive cooking activity
- Cooking class with Chef G to learn something new

Get together a group, set a date and choose from one of four exciting themes:

- Tiffin: A passage through India
- Tapas to Mezze: A Mediterranean Mosaic
- Marrakech Express: A Moroccan Journey
- Orient Express: Flavours from the Far East

## NOURISH ONE-ON-ONE COACHING

Specially designed for people recovering from illness or managing specific health conditions.

Nourish to Flourish is our one-on-one, 3-month programme that offers personalised recommendations on nutrition, lifestyle and supplementation to support your health and wellbeing. From improving your general health to managing specific health conditions, this service includes:

- Strategy to achieve health goals
- Tools to track progress
- Nutrition analysis
- Customised meal plan with recipes
- 3-months support
- Discounts on cooking classes and ready-made meals



**BOOK ONLINE at [www.nourishholisticnutrition.co.nz](http://www.nourishholisticnutrition.co.nz)**