



The Integrated Kitchen Program

- Imagine your kitchen supporting you in reaching your health goals.
- Imagine your kitchen loving you back.
- Imagine your nutritional needs being supported by a customized organizational system that can be easily maintained by you &/or your staff.
- Too busy with life and work? We have a solution to support your needs.

The Integrated Kitchen is a no nonsense plan that eliminates all the ingredients and products in your kitchen that are a hindrance to your health and daily meal plan and restocks it with items that sustain your health.

The first step beyond your personal nutritional map, which has been established by your consultation with a **certified holistic nutritionist**, is to create the ultimate environment to sustain the long-term change.

Phase 1-The Purge

Environment dictates results in the long run. By purging all unnecessary products in the kitchen that have been there for years we can help eliminate the pitfalls of going back to unhealthy patterns of eating. All items in the kitchen will be examined and removed, if they do not match or align with your nutritional map.

No more guessing about what you should or should not eat!

This service includes eco-friendly recycling of all glass and plastics. All unsuitable food products will be donated to a local food bank of your choice.

Phase 2- Re- stock

Once all questionable items are removed from the entire kitchen the process of re-stocking can begin. Your fridge and cupboards will be supplied with only the foods that support your nutritional map. Each kitchen is provided with a master supply list that contains all products in the kitchen and indicates the location for each product. The supply list will also double as a shopping list for yourself &/or kitchen staff. Place the list on the fridge for easy of use or to reference.

Phase 3-Replenish

This last phase is ideal for the busy professional on the go. Let us prepare customized sauces, dips and dressings that are tailor made for you and placed in your freezer. Just defrost and it's delicious when you need it fast.

Real foods at your finger tips... perfectly suited for your personal health goals.



Price list

Price is based on a **daily rate of 8 hrs.**

Large kitchens will require the assistance of house staff or extra staff will be provided by Dynamic by nature at an additional cost. The addition of additional staff is required for washing, recycling, cleaning and the carrying of trash.

The homeowner is required to provide a Dynamic by Nature full access to the kitchen area without regular walk in traffic unless otherwise stipulated in principle. The less activity in the kitchen the more we can accomplish in our workday.

**Daily rate with homeowner providing resident kitchen staff
\$750.00 per day**

**Daily rate with 2 person staff provided by Dynamic by Nature
\$950.00 per day**

*The daily rate does not include:

- The cost of cleaning supplies, garbage bags or bins
- The re-stocking products.
- Re-stocking products will be provided by the homeowner or dynamic by nature can source and order the products for delivery using your credit card information. Additional fee billable by hour.
- The transportation or removal of garbage or recycling products.
- The cost of additional shelving or containers required in the establishment of the new system.

For more information or to book your next step towards

The Integrated Kitchen please contact us at info@dynamicbynature.com or call us at 604-250-9999.

Thank you and let food be your medicine!
Judy Chambers RNCP, CPT
Founder & Director of Dynamic by Nature Ltd.
www.dynamicbynature.com