Client Profile (1)

Name: Olivia Preston

Age: 24

Aliment: Gluten allergy

Olivia was recently diagnosed with a gluten allergy. She’s in her 2nd year of law school. She stays up late studying and often eats on the go. She enjoys sweet treats and isn’t a big fan of red meats. She’s looking for easy meals to prepare that aren’t super costly to buy.

Client Profile (2)

Name: Liam Love

Age: 6

Aliment: Lactose intolerance

Liam has sensitivities to most dairy products. He is a very active 6 year old with a high metabolism. His tastes and preferences to foods are not as acquired as adults. His mom is searching for kid-friendly foods that doesn’t make Liam feel like he can’t eat what other kids his age are eating. His meal plan must include 5 lunches his mom can pack for school.

Client Profile (3)

Name: Chase Clester

Age 45

Aliment: Type II diabetes

Chase has always been an active, healthy person, until recently. He travels for his job and often eats out at restaurants and fast food. His doctor just diagnosed him about a month ago. He’s struggling to keep his sugar under control with the amount of traveling he does. He’s a meat and potatoes guy, not big on “rabbit food” as he calls salads and large veggie dishes. He’s Italian so he has a natural preference for that type of food when dining at home. His meal plan must include 3 days of travel, so those meals must be restaurant friendly type meals he could eat at the average restaurant. He really wants snacks he can pack with him on the go. He isn’t a big sweet eater, but really enjoys crunchy/salty type snacks.

Client Profile (4)

Name: Rhonda Joseph

Age: 60

Aliment: High Blood Pressure

Rhonda is retired and makes most meals at home. She is a picky eater and doesn’t like a lot of processed type foods. She was raised in the south and prefers comfort type foods but often a “plain” version. For example, she would order a cheeseburger with no condiments or toppings. She prefers chicken wings with no sauce. She enjoys coffee in the mornings and usually skips breakfast. Her doctor is really pushing for a small breakfast to eat with her morning medications. She doesn’t like onions, tomatoes, or fish.

Client Profile (5)

Name: Mia Michaels

Age: 32

Aliment: Pregnant with her 3rd & 4th child with gestational diabetes

Mia is 6 months pregnant with twins. She has done very well controlling her weight and diabetes during this pregnancy. Her biggest challenge is preparing meals for her whole family to enjoy instead of a meal for her, a meal for her two small children, and a hearty meal her husband would enjoy. She works as a nurse full-time and packs a lunch 5 days a week. She often works 12 hour shifts 3 days a week. Her meal plan must consist of 3 days where 2 of her meals she packs to take to work. Mia has craved sweet foods her whole pregnancy. She has been really cautious to stay away from all the foods she shouldn’t eat during pregnancy.

Client Profile (6)

Name: Grayson Smith

Age: 18

Aliment: Type 1 diabetes

Grayson is in his first semester at college. He was diagnosed with diabetes when he was 7 years old. He has done well managing life with diabetes, but his parents prepared most of his food for him. Now that he is off at college, he and his roommates share cooking responsibilities. With three 18 year olds preparing meals, it’s far from gourmet. They buy a lot of processed foods and try to make semi-homemade meals from them adding extra things to the foods like veggies or additional meats. Grayson has a full-ride scholarship to run track and trains all year. Off season he runs a lot of full marathons.

Client Profile (7)

Name: Braxton Williams

Age: 38

Aliment: High cholesterol

Braxton was recently diagnosed with high cholesterol. He feels like all those fourth-meals he ate in college and grad school finally caught up to him. In the last few years he and his wife are trying to take a healthier approach to eating. His cholesterol isn’t extremely high to be placed on medication, but with his age approaching 40, his metabolism is slowing down and he wants to avoid long-term health risks later on. His wife is a vegetarian so when they prepare meals they try to find meals that they both can eat but then he can add meat later on. For example, when they have fajitas he can grill the meat separately but enjoy all of the veggies and other toppings together. He doesn’t mind vegetarian options, but definitely likes meat in at least one meal a day. He and his wife both get tired of salads and try to eat a small salad as a side dish once or twice a week, but not as a main course.

Client Profile (8)

Name: Stella Davis

Age: 29

Aliment: Food allergies

Stella and her sister own a women’s fitness center. She is a life-coach, personal trainer, and fitness instructor. She teaches 3-4 fitness classes a day which consist of kickboxing, zumba, yoga, and a fitness bootcamp class. When she isn’t teaching a class, she is helping her clients with their personal fitness and diets. She eats breakfast and lunch at the gym 6 days a week. She likes quick dinners she can prepare at home. Due to the amount of physical activity she has she relies on high protein and high carbohydrate meals. However, she recently started having allergic reactions to shellfish and nuts. Some of her clients find it odd, but she isn’t a big vegetable eater. She hates salads but loves all fruits.