



Tina Leigh

founder of Haute Health and author of *Balanced Raw* and *Superfood Juices + Smoothies*, is a compassionate and intuitive optimal living practitioner and plant-based chef. She consults with founders of restaurants, cafés, and juice bars on the development and evolution of their recipes and menus, and provides guidance for industry best practices.

She is gifted in her ability to merge flavor and artful presentation with dietary know-how. Her creative recipes tantalize the palate while encouraging optimum health and vitality.

She specializes in seasonal dishes—specifically soups, juices, smoothies, elixirs, tonics, snacks, salads, and superfood bowls. She is highly-skilled and experienced in raw, vegan, allergen-free, low-glycemic, and anti-inflammatory meal preparations.

Having worked as a chef since 2001, as prior owner of healthy catering company, Urban Cuisine, Tina has an advanced culinary background that has prepared her for developing inventive, scrumptious and beautiful cuisine that is also deeply nourishing.

PLANT-BASED CHEF CONSULTANT

A MENU IS A SNAPSHOT OF YOUR CULINARY CRAFT AND EACH DISH IS YOUR MASTERPIECE.

The café and juice bar landscape is constantly evolving with advancements being made in health and wellness every single day. It is a competitive market, with a pressing need to deliver the most inventive and vitality-promoting creations possible. Staying on top of juice and food trends, and ensuring your menus are evolving with industry developments, can prove to be tiresome when you have all the other aspects of your business to run. To ensure your café, juice bar, or restaurant is keeping up with the demands of the market, Tina can support you by serving as your plant-based culinary advisor.

She is deeply passionate about creating inventive and nourishing food and beverages. Whether crafting juices, smoothies, salads, soups, desserts, or other fare, her process of development follows a malleable format. For each new recipe, she begins by drafting an outline of the end product. This serves as a living document for mutual exploration and consideration. Once approved, she works from this white paper sketch to conduct recipe testing. As she moves through each dish, she records each ingredient used and its raw weight, defines production and storage procedures, outlines presentation details, notes the end yield and volume, and analyzes the nutrition data.

The creative process doesn't stop there. Once the recipe is designed and tested, if requested, she photographs an artfully composed set of images, gives each recipe a vanity name, and writes an enticing description of the flavor profile and nutritional benefits. All creations are then shared with client's panel of recipe testers in an organized sampling event. After receiving feedback, she returns to the original recipes and tweaks as needed in order to achieve the most desirable food products. No two recipes are alike, and the inspiration she receives to craft innovative, scrumptious, and vitality promoting food and beverages is endless.

Tina has 15 years of practice in the food and wellness industries, with her experience ranging from owning and operating a catering company to working as a line cook, prep cook, yoga teacher, holistic health practitioner, executive chef of a pre-packaged meal delivery service, private chef, food and wellness writer, server, and is a student of health with a insatiable thirst for knowledge.

What makes her service unique is an instinctive ability to make being healthy an enticing, fun, approachable, and delicious adventure. She views food as art *and* medicine, and understand how exquisite, appetizing, and nourishing plant foods can be. See what she can do to support you.



SERVICE LIST + RATE SHEET

Recipe + Menu Development and Industry Best Practice Advisement

Long-term retained engagements are determined based on complexity of project. Call or [email](#) with your particular requests.

a la carte

Per hour: \$127

Per day: \$827

1/2 day: \$527

Cooking Lesson Film Production

Long-term retained engagements are determined based on complexity of project. Call or [email](#) with your particular requests.

a la carte

Per video (consultant supplies production + editing team): \$1027

Per video (client supplies production + editing team): \$527

Per production day: \$827

1/2 day: \$527

Workshops + Speaking Engagements

Tina is available for group workshops and speaking engagements on the topics of physical wellness, emotional wellbeing, meditation, yoga, and nutrition.

a la carte

Per hour: \$127

Per day: \$827

1/2 day: \$527

Cookbook + Wellness Book Ghostwriting and Editing

Long-term retained engagements are determined based on complexity of project. Call or [email](#) with your particular requests.