



Nancy A. Stein

Plant Based Chef, Speaker & Author

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Nancy A. Stein is an author and plant based chef based in Winter Haven, Florida. She creates and offers new and delicious plant based cuisine and recipes that are both healthy and delicious. With a focus on Health & Wellness, Nancy has been serving the Central Florida area through her company [Whole Foods 4 Healthy Living](http://wholefoods4healthyliving.com) for over ten (10) years. She presents her delicious and nutritious recipes at many various events in and around the Central Florida area at health fairs and private gatherings.

Nancy received her [Certificate in Plant Based Nutrition](#) from eCornell University under a program developed by Dr. T. Collin Campbell. Prior to her work in the field of Nutrition and Health, Nancy served with Delta Airlines in many capacities over her twenty-five (25) years. Her experiences included working as a Flight Attendant, Reservations and Ticketing, Baggage Service and as a Lead Hostess in the premier Delta Crown Rooms in Detroit and Orlando. She understands the stresses and challenges of the job and how it impacts diet and lifestyle choices.

Nancy often offers her services Pro-Bono to many individuals and organizations. She works with some of the leading purveyors of Plant Based Lifestyle and Nutrition. These include the Physicians Committee for Responsible Medicine, Good Samaritan Village (Kissimmee Florida), Osceola County Sheriff's Office, and local health and wellness focused groups. Nancy has given demonstrations of her cuisine and cooking skills at Orlando Earth Day, local health studios and senior living communities.

Nancy has worked as a private chef to an internationally well-known Nutritionist and Speaker. Nancy conducts regular informational and training classes at Central Florida Health Fair events on a regular basis. She offers a wide variety of cuisine at events and makes presentations to various groups about the benefits of a Plant Based Lifestyle.

Through her classes on Plant Based Cuisine, Nancy has trained many people how to adopt healthier lifestyle choices. The [Corporate Wellness Program](#), is focused on Business Communities and offers programs to promote both health, wellness and productivity. The Lifestyle Programs help people understand the power of nutrition and how it helps to prevent and often reverse many of the chronic diseases plaguing America today.

Most recently Chef Nancy has published a new book series: "[Restoring America's Health](#)". This series sets out the steps in a journey towards a Plant Based Lifestyle. Based upon personal experience, these are the steps she and her husband followed to regain their health and vitality. Nancy Stein became Chef Nancy and has become a well-known and proficient Plant Based Chef, Counselor and Speaker. Currently available are the first three books in this series: [Restoring America's Health](#), [Cooking for American Youth](#), and [Plant Based 4 Seniors](#).

[Whole Foods 4 Healthy Living](http://wholefoods4healthyliving.com)

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