



Nancy A. Stein

Plant Based Chef/Instructor/Author

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Nancy Stein is an author and plant based chef located in Orlando 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 six (7) years. She presents her delicious and nutritious recipes at many various events in and around the Orlando 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 and 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) and other 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 [David Meinz](#), an internationally well-known Nutritionist and Speaker. Nancy is a regular professional presenter at New World Wellness in Kissimmee Florida for the past several years. Chef Nancy also conducts regular informational and training classes to the Osceola County Sheriff Department 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. Our [Corporate Wellness Program](#), is focused on Business Communities and offers programs to promote both health, wellness and productivity.

Most recently Chef Nancy has published a new book: "[Restoring America's Health](#)". This book 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.