OPTIMAL NUTRITION OPTIMAL NUTRITION OPTIMAL NUT

Nutritional consultations and supplementation providing optimal nutrition

by Adam Rigby

OPTIMAL NUTRITION

Specializing in gut related disorders, fatigue weight loss and sports nutrition, cooking classes, catering, nutritional seminars

ADAM RIGBY is a qualified chef who has completed a degree in nutritional medicine. He has a broad array of cooking experience including running inner city café s, international hotels and owning his own Asian noodle bar in South Yarra creating consistent healthy fast food. After developing a passion for nutrition he ventured to the Australian College of Natural Medicine to complete his degree. This has left him with a deeper understanding of the nutritive value of food and how to practically balance everyday cooking to optimal levels and health. He has a penchant for provincial and rural style fare providing simple, flavoursome and nutritionally aware food. Adam also has a personal interest in the fitness industry and has had hands on experience with sports nutrition. Adam will provide a range of cooking demonstrations covering various aspects of nutrition, health and cooking. Each demonstration will be approximately 3-4 hours, covering 3-4 dishes plus nutritional information.

ADAM RIGBY B HSc Nutritional Medicine, Trade qualified chef, Cert 1 massage
M. 0411 149 497 E. adam.rigby@optusnet.com.au

optimal nutrition cooking classes

THE ART OF BREAKFAST

"Have you ever realised how easy it is to cook a wholesome breakfast good enough to invite your friends too?"

Discover the reward of enjoying a healthy cooked breakfast with a loved one and find it becoming the most special meal of the week. Adam offers 4 personally developed breakfast recipes with a range of cooking principles. Each recipe comes with an explanation of the nutritive value of each dish. Learn how to utilize what is in your fridge or pantry to put breakfast on the table.

ASIAN FARE

"Do you know how easy and quick Asian wok cooking can be, even at home?"

The secret to creating great Asian food is to understand the simplicity of using the right ingredients and the right cooking principles that will provide great results. Adam will share the secret of fried rice, two provincial noodle dishes and a stir fry. This class will come with a nutritional talk about how to combine protein and carbohydrates for maximal digestive absorption and balancing quantities of the food groups.

BALANCING A DAILY DIET

"We all know what healthy food is right? Well how do we balance our intake of protein, carbohydrate, fat, vitamins and minerals throughout a daily diet?"

This class will take you through a daily food intake plan consisting of breakfast, lunch, dinner and a guilt free dessert. The food will be nutritionally assessed by Adam and you will have the nutritional scores of each meal calculated and documented to give you an understanding of how each different meal contributes to your daily intakes. This class will provide a deeper understanding of how to control your own dietary intakes and will be presented as a more advanced nutritional workshop.

MEAT COOKERY

"Do you have difficulty digesting meat? Are you struggling to find interesting ways to cook different meats?"

In this class Adam will present 4 different meats and 4 different methods of cookery. A broad range of meats will be used with information on selecting quality sources. Meat can be one of the trickiest food groups in regards to digestion as you may have experienced. Learn about stomach acid and how to increase your ability to digest and utilize the meat you are cooking. This class will come with protein and fat information in regards to the different meats used and available

VEGETARIAN

"Do vegetarian meals sound dull and boring too? How do we balance them nutritionally and make them exciting and flavoursome?"

In this class you will discover the myriad of grains available and the nutritional profiles of each. Adam will prepare two of these grains into practical tasty dishes. You will learn how to use a variety of legumes and be given two nutritionally balanced recipes using this food group. You will learn about the importance of protein combining and the precise protein deficiencies of each group covered. Adam will also teach you about other nutritional deficits of vegetarian foods and how you can increase these nutrients using other vegetarian sources.

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