

# Beyond the Rules

# Cooking

## School



Do you want to feel less **anxious around food**?

Do you want to overcome **food fears** or nervousness in the kitchen, whether it is getting a recipe right or **trusting yourself around food**?

Do you want to **enjoy food without guilt or shame**, or feeling you need to earn it or do something to deserve the pleasure of eating?

Are you in recovery from an **eating disorder** or experiencing disordered eating behaviour?

Join me, **nutritionist and author Tansy Boggon**, in the **Beyond the Rules Cooking School**, where food freedom meets joyful eating.

In my individual and group cooking therapy sessions and meal support, we will work together to help you **feel more relaxed** and adventurous with food and being in the kitchen. We will work through food challenges and build your confidence to prepare food in a way that **nourishes your body, mind and soul**.



### Individual Cooking Sessions (1.5 hrs)

- Sessions tailored to your needs and level of **anxiety with cooking or around food**; or stage in recovery from disordered eating. Offered at your place, mine or online.
- **\$95** (extra \$20 for travel around Christchurch + supply or cost of ingredients)

### Group Cooking Sessions (1.5 hrs)

- Small groups (max 4) in eating disorder recovery or embracing a healthier relationship with food. Sessions include a 15 minute check-in before and after to **tailor sessions to participants' needs** and reflect on what you want from the session.
- **\$75 pp** (incl. supply and cost of ingredients)

### Meal Support (1 hr)

- Let's eat together! From distraction to practicing **conscious eating**, I can support you in your eating disorder recovery. We can eat out together, after a cooking class, or have a meal at your place or online. I also offer support in navigating the supermarket.
- **\$65 Initial | \$55 Ongoing | \$35 Snack Meal Support Online (30 min)**

### Nutrition Counselling (1 hr)

- Mindset and practical steps to support you in developing a healthy and joyful relationship with food. Not suitable for those with eating disorders.
- **\$95 Initial | \$85 Ongoing | \$410 for Six Sessions (20% discount)**

I also offer **recipe development** and **nutrition writing** services with a non-diet approach and emphasis on breaking free of diet rules and enjoyment of food.

Get in touch about any of my offerings:

**TANSY BOGGON**

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