**SC CATERING – Explorer Diet Info**

**Section A: Learning about the Explorer Diet**

**Focus:** A balanced, adventurous eating style – trying new dishes while focusing on overall health and nourishment.

**Typical Foods:** Poultry, seafood, beef and lamb, tofu, lentils, and eggs. Also, a variety of vegetables, grains, fruits, spices, and healthy fats.

*Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. We can try different cuisines and experiment a ton. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* If you have dietary health concerns, this menu may not be the best choice as your health concerns may limit certain foods you can and cannot have.
* A balanced, yet exciting and adventurous way of eating.
* Exploring different cuisines and flavors.
* Diverse ingredients

**Section C: Health Benefits**

1. Broad nutrient intake
2. Better gut health
3. Reduced risk of nutrient deficiency
4. Supports healthy metabolism
5. Cardiovascular health (Mediterranean, Asian, Latin American cuisines)
6. Mental and emotional wellness (exploring different food can create a positive, mindful eating experience).