

KASEY LOBB

CULINARY DIETITIAN + COOKBOOK AUTHOR



Howdy!

I'm a registered dietitian nutritionist in College Station, Texas, right between Austin and Houston. My love for all things *nourishing* has led me on amazing journeys around the world to expand my education and cultural experiences—dispite having a dairy allergy and non-celiac gluten sensitivity!

I focus on making meals more inclusive and joyful for those with special dietary needs. My goal is to inspire everyone to feel more confident about cooking in their own kitchen everyday—no matter the allergy, sensitivity, intolerance, or specialized diet! I want to make meals safer, yummiier, and easier for everyone.

MY BRANDS & CORPORATIONS



App designed to create customized recipes for safe for those with food allergies and specialized diets.



Serving those with special dietary needs through education, cooking classes, publishing, and tours.



Outpatient medical clinic serving our community's physical and nutrition health (2010 to 2024),

Kasey@AppetiteToTravel.com
www.KaseyLobb.com

(502) 501-FOOD
Central Texas Area

KASEY LOBB

CULINARY DIETITIAN + COOKBOOK AUTHOR

Do all the good you can

I'm the first to admit that I'm a food nerd. I love it all—nutritional biochemistry, functional and integrative medicine, food science, institutional administration, and the anthropology and culture of food!

My career began in clinical nutrition at a large, metropolitan hospital. Then, I built and operated RehabFirst®, a medical and nutrition clinic, with my husband (2006 to 2024). During the transition of selling the clinic, I launched Appetite to Travel, LLC in 2019. What began as cooking classes specializing in food allergies, intolerances, and sensitivities—especially gluten- and dairy-free—has grown to include cookbook publishing and the design of specialty food tours. In 2021, I became a certified plant-based chef to deepen my ability to transform restricted diets into tasty meals.

In 2025, I co-developed SmartBites™, a groundbreaking app that makes cooking at home with food allergies or special diets needs easier. We are partnering SmartBites™ with AllergyAwareMenu.com to showcase restaurants with verified allergy-friendly menu items and practices.



Through Appetite to Travel, I teach cooking classes and workshops, publish cookbooks, and host allergy-safe culinary tours around the world. I hold both Bachelor and Master of Science degrees from Texas Woman's University. I've also expanded my culinary skills and worldview through study in the USA, Ireland, Italy, France, Costa Rica, Turkey, and Israel.

