

# ANN MARIE MONTEIRO

MS, CHC, CHEF



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 Princeton, NJ

 3WholePlates.com

## PROFILE

Founder of 3 Whole Plates Cooking School and Health Coaching, LLC, MS in Clinical Nutrition, Professional Chef, Certified Health Coach. I take a holistic, integrative approach to wellness, with an emphasis on food as preventative medicine to support optimal well-being. I believe food can make you feel your worst or your best and I want to help as many people as possible feel their best while enjoying delicious food with those they love.

## SKILLS

- Health & Culinary Educator
- Wellness/Accountability Coaching
- Recipe Development
- Recipe Testing
- Meal Planning
- Recipe Content Creation
- Food Styling
- Food Photography
- Project Management Tools
- Strong Communication

Proficient with:

- Case Management Plans (CMP)
- SOAP Notes
- Nutritional Intake Forms
- Anthropometrics
- Educational Handouts
- Microsoft Office
- Cronometer
- Canva
- Inshot
- Videorama

## EXPERIENCE

### FOUNDER AND CHEF INSTRUCTOR

3 Whole Plates Cooking School & Health Coaching, LLC

2020 - Present

- Work with clients to determine their wellness needs, identify obstacles, and create SMART goals
- Teach clients about whole-foods diet and healthy lifestyle
- Recipe Tester and Developer - health supportive, plant-forward
- Recipe content creator for cooking classes and weekly newsletter
- Lead virtual cooking and nutrition classes for children & adults
- Menu planning around client-specific dietary restrictions and preferences
- Advise clients on pantry makeovers and successful kitchen set-up
- Educate clients ages 8+ on knife skills and kitchen safety

### CERTIFIED HEALTH AND WELLNESS COACH

Kurbo, Inc. Health Coaching for Kids and Families

2016-2022

- Master Health Coach and Coach Mentor
- Work with clients to determine their wellness needs, identify obstacles, and create SMART goals
- Coach clients about general wellness, whole-food benefits, stress management, and sleep habits
- Recipe content creator for Kurbo's blog, cookbooks, and newsletter
- Lead virtual Interactive cooking classes for Kurbo members
- Lead monthly training and development sessions for coaches

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## EDUCATION

### MASTER OF SCIENCE CLINICAL NUTRITION

Sonoran University of Health Sciences

2020-2022

**Dean's List: 4.0 GPA**

**IMPACT AWARD NOMINEE: nominated by peers/classmates**

### CULINARY ARTS DEGREE

Natural Gourmet Institute for Health & Culinary Arts - ICE

2012-2013

### BACHELOR OF ARTS, ECONOMICS/PSYCHOLOGY

Rutgers University

1999-2003

**Dean's List: 2002,2003  
4.0 GPA 2003**

## WORK EXPERIENCE CONTINUED

### CHEF


Chef Chloe, LLC

2013-2019

- Assisted with recipe development and testing for 3 cookbooks, Chloe's Vegan Desserts, Chloe's Vegan Italian Kitchen and Chloe Flavor
- Assisted with recipe and menu development, food cost analysis and various start-up operations for fast-casual, vegan restaurants ByChloe, NYC (currently Beatnik NYC), Sweets ByChloe, NYC and Chef Chloe and the Vegan Cafe, Miami
- Sous Chef to Chef Chloe for events at James Beard Foundation, South Beach Wine & Food Festival, NYC Wine & Food Festival, Benefit for the Women of Google, The Humane Society of US, Chef Chloe x Chef Jean-Georges at The Inn at Pound Ridge, Chef Chloe x Chef Tom Colicchio Supernatural Pop-up, Today Show and other cooking appearances.
- Assisted with live cooking demos for Cookbook launches and networking events.
- Assisted with food styling and photography for social media


## REFERANCES

THEA RUNYAN, CO-FOUNDER KURBO

 Upon Request

 RUNYANFINE@GMAIL.COM

BETH D, COACHING CLIENT

 Upon Request

 indygirl101@icloud.com

## PROFESSIONAL DEVELOPMENT

### DR. MARIZA'S PERIMENOPAUSE & MENOPAUSE RELIEF SUMMIT

5 day course - 2021

### HEALTH COACH CERTIFICATION

Dr. Sears Wellness Institute

Specialization: Family Coaching & Kids

2016