



Creating
Legacy
Wellness

20 AMAZING
SALAD RECIPES TO

make eating healthy
delicious





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INTRODUCTION

Hi there!

My name Kim Goeltom and I'm a Certified Master Wellness Coach through the International Association of Wellness Professionals.

My own journey to finding a healthy lifestyle has given me insight into the many challenges one encounters. This enables me to bring a high level of empathy, respect, and understanding to my clients.



I was a workaholic who survived on performance addiction and said 'yes' to everyone and every project and by doing that it took a toll on my health. I ended up with Adrenal Fatigue and didn't have energy to do anything. I was tired of being tired all the time and saying 'no' to all the fun things that I wanted to say 'yes' to!

I started exploring wellness and my journey of study organically led me to what I am doing, helping to guide other highly driven female professionals who are exhausted from managing everything and everyone to overcome the nagging feeling that there's never enough time in the day to get it done and the weight on their shoulders is only getting heavier so that they can finally figure out how to release the pressure and feel energized to live a life outside of the 'to do's'.

With technology, I can work with clients all over the world using a video conferencing platform. No need to worry about additional commute time to get to a physical appointment and hitting traffic on your way home.

It's my passion to teach you that veggies especially salads can be fun as well as yummy!

Ready to dive in? I am!

In Health & Wellness,



THE SKINNY ON SALADS

Imagine a salad a day that nourishes you and gives you the nutrients you need.

Fruits and vegetables are considered to be the world's healthiest foods. These foods are enriched with nourishing health properties, making them a must-have in your diet plan. You have heard your doctor's advice to incorporate fruits and vegetables into your diet plan for many reasons—and you know they are not wrong.

Everyone is familiar with the general health benefits of eating fruits and vegetables, but did you know that the color of the vegetables and fruits indicate their health properties? The colors assigned to vegetables and fruits are more likely to supply nutrients and health benefits crucial to our bodies. If you indulge in a selection of colorful meals, then you can provide your body with the wellness and nutrients that it craves.

Let's have a look at this list of healthy vegetables to learn how the color contributes to our overall health:

RED FOR PHYTOCHEMICALS

A majority of red colored fruits and vegetables are equipped with high phytochemical properties, which generally includes anthocyanins and lycopene. These two elements are pigments responsible for adding a vibrant red color to the fruits and vegetables like watermelon, raspberries, tomatoes, strawberries, and red peppers. You should consider eating red fruits and veggies for the following reasons:

- It eradicates damaging free radicals from your body
- It improves the texture and quality of your skin
- It decreases the risk of a stroke and cardiovascular diseases
- It reduces the high risk of diabetes I and II
- It protects your organs against cancers

YELLOW AND ORANGE FOR CAROTENOIDS

A majority of yellow and orange fruits are enriched with carotenoids—a type of pigment. The scope of orange and yellow fruits and vegetables includes sweet potatoes, carrots, oranges, mangoes, and lemons. These fruits and vegetables can improve your health in the following ways:

- It improves your immune system
- It protects your skin against the damaging effect of pollution and sunrays

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- It repairs your vision, and it enhances your eye health
- It reduces the probability of cancer
- It decreases the probability of heart disease
- It strengthens your joints

GREEN FOR ANTIOXIDANTS

The presence of chlorophyll in fruits and vegetables imparts a green color to them. Such fruits and vegetables are enriched with antioxidant properties, which are beneficial for your health in numerous ways. It is why you are often asked to eat green vegetables like spinach, broccoli, zucchini, lettuce, and kiwi. Such vegetables are responsible for:

- It is vital for the detoxification of the body
- It improves the process of healing and repairing your tissues
- It promotes the growth of digestive enzymes
- It reduces the risk of cancer
- It boosts the immune system

PURPLE AND BLUE FOR RESVERATROL

The pigments, resveratrol and anthocyanin, are responsible for adding blue and purple color to a select few vegetables and fruits like eggplant, blueberries, blackberries, purple cabbage, plums, and much more. These vegetables do the following:

- It promotes the longevity of your cells
- It decreases the risk of Alzheimer's
- It is responsible for boosting memory
- Its antioxidant properties protect cell from radical damage

I am so excited to help you make eating healthy easy as 1-2-3.

Salads are so yummy but often we think of them as a diet food.

Diets DO NOT work.

Diets lead to deprivation.

Diets lead to binges.

I believe in whole foods, clean eating and foods that give you energy.

It is time to have some healthy fun in the kitchen.



RECIPES

Please note you can add any protein to your salad.
Our favorites are:

- Beans, Hummus, Salmon, Shrimp, Nitrate-free Chicken, and Turkey

DIJON BEAN SALAD

Serves 4

1 15-ounce can garbanzo beans
1 15-ounce can kidney beans
1 15-ounce can black beans
1 small onion, chopped finely
¼ cup chopped fresh parsley
1 teaspoon Dijon mustard
2 teaspoons maple syrup
3 teaspoons red wine vinegar
¼ cup extra virgin olive oil
sea salt and black pepper, to taste

STEP 1. Add all beans to a colander, drain and rinse them with cold water.

STEP 2. Whisk the remaining ingredients in a large bowl, add the onion, parsley, and beans. Stir to combine, and coat with vinaigrette.

STEP 3. Chill until serving, the longer it sits, the better it tastes.

BARBEQUE BEAN SALAD

Serves 4

1 15-ounce can of corn
1 15-ounce can of black beans
1 15-ounce can of black-eyed peas
Freshly cracked black pepper
1 sweet bell pepper (any color)

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- 1 medium sized jicama, peeled and diced
- 1 cup cherry tomatoes, sliced in half
- 2 green onions, finely chopped
- 1 head romaine lettuce, chopped
- 2 teaspoons chopped fresh cilantro
- 4 teaspoons vegan barbecue sauce
- 4 teaspoons vegan ranch dressing

STEP 1. Drain and rinse the corn, beans and peas.

STEP 2. Heat a non-stick pan over medium-high heat. Add the corn and black pepper to the pan, heat until edges begin to blacken, giving them a barbecued flavor, stirring when necessary.

STEP 3. Place the beans and peas in a large salad bowl. Add all other salad ingredients and mix to combine. Once ready to serve, top with warmed corn, barbecue sauce, and ranch dressing.

SIMPLE LENTIL SALAD

Serves 4

- 1 cup dry green lentils
- 2 cups water, lightly salted
- 1 cup chopped fresh parsley
- 2 teaspoons chopped fresh mint
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 1 red bell pepper, cored and diced
- 4 teaspoons lemon juice
- 2 teaspoons extra virgin olive oil
- ground black pepper, to taste
- ½ cup slivered almonds, toasted

STEP 1. Bring a medium pot of salted water to boil. Add the lentils and cook until al dente, about 15 minutes.

STEP 2. Meanwhile, combine the herbs and vegetables in a large bowl.

STEP 3. Make the dressing by whisking the lemon, oil, and pepper together. Add to the bowl

of salad and mix in the lentils when cooked. Toss to coat.

STEP 4. When ready to serve, top with toasted almonds.



LENTIL TACO SALAD

Serves 4

1 cup cooked lentils
2 tablespoons nutritional yeast flakes
½ teaspoon paprika
½ teaspoon cumin powder
½ teaspoon chili powder
sea salt and black pepper, to taste
2 gluten free tortillas
½ cup tomatoes, chopped
¼ cup bell pepper, chopped fine
2 green onions, chopped
2 cups romaine lettuce, shredded
1 avocado
¼ cup cilantro, chopped fine
½ lime, juiced
⅓ cup water
Optional drizzle of vegan ranch dressing

STEP 1. In a medium saucepan, combine lentils, yeast, and spices. Heat until lentils are warmed through, adding a little water if necessary.

STEP 2. Layer the lentils on top of warmed tortillas then top with the tomatoes, bell pepper, onion and romaine.

STEP 3. Make the dressing by blending the avocado, cilantro, salt, lime juice and water in a blender or food processor. Blend until smooth and creamy, adding more water to thin if necessary.

STEP 4. Pour dressing over the salad and add an optional drizzle of vegan ranch if desired.

EDAMAME DELIGHT SALAD

Serves 2

1 15 oz. can of chickpeas, drained and rinsed
1 ½ cups edamame, shelled, thawed if frozen
1 red pepper, chopped
1 English cucumber, chopped
3 green onions, chopped
¼ cup fresh parsley, chopped

⅓ cup tahini



- 1 lemon, juiced
- 1 garlic clove, minced
- ¼ tsp sea salt
- 3-4 tbsp. water to thin
- ¼ cup roasted salted cashews

STEP 1. Combine the chickpeas, edamame, pepper, cucumber, onions and parsley in a bowl.

STEP 2. To make the dressing, combine the tahini, lemon juice, minced garlic, sea salt, and water in a small bowl. Pour over the salad ingredients.

STEP 3. Allow it to sit in the refrigerator for at least 15 minutes for the flavors to combine. Top with salted cashews before serving.

TASTY QUINOA SALAD

Serves 4

- 1 cup quinoa, uncooked
- 2 cups vegetable stock
- 1 cup celery
- 1 small bunch of kale
- 1 tablespoon extra-virgin olive oil
- ½ cup pumpkin seeds
- ¼ cup dried raisins or cranberries
- 4 tablespoons aged balsamic vinegar
- 1 tablespoon maple syrup
- 1 green onion, sliced
- 1 cup tofu feta (store-bought or make your own using recipe on Italian Pasta Salad)

STEP 1. Boil the quinoa in stock with the celery. In a separate pan sauté the kale in the olive oil.

STEP 2. Once the quinoa has absorbed the stock (about 20 minutes), add all other ingredients. Serve warm or refrigerate and serve cold.

YUMMY BROWN RICE SALAD

Serves 4

- 2 cups cooked brown rice
- 1 15-ounce can kidney beans, drained and rinsed
- ¼ cup red onions, chopped fine



- ½ cup broccoli, cut into small pieces
- 1 cup chopped bell pepper (use multiple colors if you like)
- ¼ cup raw almonds, chopped
- ¼ cup bottled Italian dressing

STEP 1. Assemble all ingredients in a bowl, toss lightly. This salad keeps well for a few days in the refrigerator.

THAI CHICKPEA SALAD

Serves 4

- 2 tablespoons coconut oil
- 1 15-ounce can chickpeas, drained and rinsed
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon curry powder
- 1 cup cooked quinoa
- 2 tablespoons bottled sweet Thai chili sauce
- 4 cups mixed greens
- ½ cup chopped cilantro
- 1 red bell pepper, diced
- 1 cup shredded carrots
- ¼ red onion, sliced thin
- 1 avocado, diced
- ¼ cup chopped peanuts to garnish
- 4 tablespoons full fat coconut milk

STEP 1. Heat the coconut oil in a non-stick pan over high heat. Add the chickpeas, salt, pepper, onion powder, and curry powder. Sauté for 3-5 minutes or until crispy.

STEP 2. Meanwhile, mix the chili sauce with the cooked quinoa. Place in a large bowl with all other salad ingredients—excluding the peanuts—in a large bowl. Toss to mix.

STEP 3. Pour the coconut milk over the salad and top with crispy chickpeas and peanuts.

SPLIT PEA DELIGHT SALAD

Serves 2

- 1 cup brown rice, cooked and cooled

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1 cup green split peas, cooked and cooled
1/3 cup red onion, minced
1/4 cup dried cranberries
4 cup almonds
4 cups mixed greens
2 tablespoons extra virgin olive oil
2 teaspoons sesame oil
3 tablespoons white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon maple syrup
1 tablespoon water
1/2 teaspoon dried tarragon (optional)
Freshly ground black pepper, to taste

STEP 1. Add the rice, peas, onion, cranberries, almonds, and mixed greens to a large bowl.

STEP 2. In a small bowl, whisk together the remaining ingredients until well blended. Pour over the salad mixture and toss to coat.

CARROT AND CHICKPEA SALAD

Serves 2

6-7 large rainbow carrots
1 15-ounce can chickpeas, drained and rinsed
2 tablespoons extra virgin olive oil
1 teaspoon ground turmeric
1/2 teaspoon ground ginger
1/2 teaspoon paprika
1/4 teaspoon garlic salt
1/4 teaspoon freshly ground black pepper
1/4 cup almond butter
3 tablespoon full fat coconut milk
1/4 teaspoon sea salt (if using unsalted almond butter)
1/2 cup fresh parsley, roughly chopped
1/4 teaspoon crushed red pepper (optional)

STEP 1. Preheat oven to 375 Degrees F. Toss the carrots and chickpeas in the oil, turmeric, ginger, paprika, garlic salt and pepper.

STEP 2. Spread onto a thin baking sheet, trying not to let the edges of the chickpeas touch so they can get crispy. Roast for 20-25 minutes or until edges are brown.



STEP 3. Meanwhile, make the dressing by mixing almond butter and coconut milk (salting lightly if using unsalted almond butter) on the stovetop, or microwave until warm.

STEP 4. Once the carrots and chickpeas are roasted, remove from the oven, toss with fresh parsley, and pour the warm dressing over the top. Garnish with crushed red pepper, if desired, for extra heat.

HERB POTATO SALAD

Serves 2

5-6 medium red potatoes
1 carrot, thinly sliced
1 green onion, sliced thin
1 stalk celery, sliced thin
2 tablespoons chopped fresh parsley
4 tablespoons extra virgin olive oil
1 lemon, juiced
1 cup cannellini beans
1 tablespoon Dijon mustard
sea salt and black pepper, to taste

STEP 1. Quarter the potatoes and boil in a large pot of water until soft.

STEP 2. Add the carrot slices 3-4 minutes before removing the potatoes from the boiling water to allow them to soften.

STEP 3. Drain the water and place potatoes and carrot slices in a large bowl. Stir in the, onion, celery, and parsley.

STEP 4. Meanwhile, in a blender, puree the olive oil, lemon juice, beans, mustard, salt and pepper. Add a few tablespoons of water, if necessary, to thin out the purée. Pour dressing over the potato mixture to coat. Mix well and serve warm or cold.

SWEET POTATO SALAD

Serves 2

2 roasted sweet potatoes, cooled and chopped
1 15-ounce can black beans
1 cup frozen corn, thawed
½ cup tomatoes, chopped
1 avocado
4 cups romaine lettuce, chopped
½ cup chopped red or green onions



- 1 large lime, juiced
- 1 garlic clove, minced
- 2 tablespoon avocado oil
- 1 teaspoon red pepper flakes
- ½ teaspoon cumin powder
- ½ teaspoon sea salt

STEP 1. Combine the sweet potatoes, beans, corn, tomatoes, avocado, romaine lettuce, and onion in a large bowl. Toss to mix.

STEP 2. Whisk together the lime juice, garlic, oil, and spices. Pour over the salad mixture and serve.

CAULIFLOWER CURRY SALAD

Serves 2

- 1/2 cup dry green lentils, rinsed
- 2 cups vegetable stock
- 1 head of cauliflower, chopped
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ½ teaspoon turmeric
- sea salt and red pepper flake, to taste
- 2 tablespoons tahini
- 1 teaspoon honey
- 4 dates, pitted and chopped
- ¼ red onion, chopped fine

STEP 1. Preheat oven to 425 degrees F.

STEP 2. Add the lentils and stock to a small saucepan. Simmer for 30 minutes or until lentils are soft.

STEP 3. Add the cauliflower, olive oil and spices to a baking sheet. Toss to coat the cauliflower and bake for 15 min.

STEP 4. Meanwhile, whisk together the dressing by combining tahini and honey in a small bowl. Thin with water if necessary, to get a more dressing-like consistency.

STEP 5. In a large bowl, combine cooked cauliflower and lentils, dates, red onion, and toss with dressing. Serve warm or refrigerate and serve cold.



BEET ENERGY SALAD

Serves 2

2 sweet potatoes, chopped into bite sized pieces
1 large beet, chopped into bite sized pieces
2 tablespoons avocado oil
½ teaspoon cinnamon
sea salt and black pepper to taste
1 granny smith apple, chopped
1 cup canned chickpeas, drained and rinsed
1 cup baby spinach (optional)
3 tablespoons almond butter
1 tablespoon pure maple syrup
1 tablespoon extra-virgin olive oil
1 tablespoon apple cider vinegar

¼ cup toasted almonds

STEP 1. Preheat oven to 425 degrees F.

STEP 2. Assemble chopped potatoes and beet on a baking sheet. Drizzle with avocado oil. Season with cinnamon, salt, and pepper. Bake for 20-25 minutes or until soft and edges are caramelized.

STEP 3. Assemble apple, chickpeas, spinach, and almonds in a large bowl. Once potatoes and beets are done roasting add those as well.

STEP 4. To make the dressing whisk together the almond butter, maple syrup, olive oil, apple cider vinegar, sea salt, and black pepper until well blended and pour over salad. Do not over-mix as beets will stain other ingredients pink. Serve topped with toasted almonds.

ARUGULA DELIGHT SALAD

Serves 2

4 large cremini mushrooms
¼ cup walnuts
½ cup Italian seasoned breadcrumbs
1 green onion, chopped
4 cups baby arugula
1 cup lentil sprouts
½ cup sundried tomatoes
2 tablespoon extra-virgin olive oil
1 teaspoon Dijon mustard
1 teaspoon balsamic vinegar



1 teaspoon coconut sugar
sea salt and black pepper, to taste

STEP 1. Preheat oven to 400 degrees F.

STEP 2. Wash and remove the stems from the mushrooms. Set aside.

STEP 3. Make the stuffing by combining walnuts, breadcrumbs, and onion in a food processor.

STEP 4. Stuff each mushroom with a large amount of the stuffing. Place in the oven and bake for 15-20 minutes or until tops begin to brown and mushrooms are tender.

STEP 5. Prepare the dressing by combining the remaining ingredients in a large bowl. Toss together all the ingredients and place into individual serving dishes.

STEP 6. Top with mushrooms and serve immediately.

SWEET POTATO AND KALE SALAD

Serves 2

1 ½ tablespoons melted coconut oil, divided
1 large sweet potato, peeled and chopped into small cubes
1 large bunch of kale
1 15-ounce can black beans, drained and rinsed
½ cup finely chopped red cabbage
⅓ cup chopped jicama sticks
⅓ cup raw pumpkin seeds
¼ cup chopped cilantro
1 large avocado, diced
2 tablespoons extra virgin olive oil
¼ cup fresh lime juice
¼ cup finely chopped cilantro
1 clove garlic, minced
1 tsp coconut sugar
sea salt and black pepper, to taste

STEP 1. Preheat oven to 400 degrees F.

STEP 2. Layer cubed sweet potato on a baking sheet. Drizzle with 1 tablespoon of coconut oil and season with salt and black pepper. Roast in the oven for 25-30 minutes or until tender.

STEP 3. Meanwhile, combine kale, sea salt, and remaining 1/2 tablespoon coconut oil. Massage the leaves with your hands for about 5 minutes or until leaves become a vibrant green and kale is silky smooth.



STEP 4. To prepare dressing simply whisk the olive oil, lime juice, cilantro, sugar, and garlic in a small bowl. Once the sweet potato is cooked, add to the salad. Serve immediately.

STEP 5. Add the beans, cabbage, jicama, seeds, cilantro to the kale and top with dressing.

AMAZING GREEK SALAD

Serves 2

2-3 cups chopped romaine lettuce
½ tomato, chopped
½ cucumber, sliced
2 tablespoon chopped purple onion
¼ cup Kalamata, or other olive variety
¼ cup pepperoncini peppers (optional)
1 ½ cups canned cannellini beans, drained and rinsed
1 tablespoon extra-virgin olive oil
1 tablespoon red wine vinegar
1 garlic clove, minced
½ teaspoon dried basil
¼ teaspoon dried oregano
¼ teaspoon onion powder
1 teaspoon Dijon mustard

STEP 1. Add the romaine, tomato, cucumber, onion, olives, peppers, and beans to a large salad bowl.

STEP 2. Mix the remaining ingredients in a separate bowl. Pour the dressing over the large salad a bowl and serve.

CHOPPED SALAD

Serves 2

1 head of butter lettuce, chopped
1 cup cherry tomatoes, chopped
½ cup yellow bell pepper, chopped
1 cup sugar snap peas
½ cup cucumber, sliced thin
1 cup broccoli, raw or lightly roasted
1 15-ounce can kidney beans, drained and rinsed
¼ cup sunflower seeds
2 tablespoons vegan ranch dressing



STEP 1. Assemble salad by layering all vegetables, topping with beans, seeds and a light drizzle of dressing.

PISTACHIO SALAD

Serves 2

4 cups mixed spring greens
2 tablespoons orange juice
3 tablespoons aged balsamic vinegar
1 cup sprouted lentils
1 avocado, sliced
1 clementine or small tangerine, peeled and separated
½ cup pistachios
¼ cup dried cranberries
sea salt and black pepper, to taste

STEP 1. Assemble the salad by tossing the greens with orange juice and balsamic vinegar.

STEP 2. Top with sprouted lentils, avocado, clementine, pistachios, and cranberries. Toss lightly to combine.

STEP 3. Season with salt and pepper and serve immediately.

ZUCHINNI SALAD

Serves 2

2 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
2 cloves garlic, crushed
sea salt and black pepper, to taste
2 large zucchinis, spiralized (or sliced thin with a vegetable peeler)
1 cup green split peas, cooked and cooled
1 cup grape tomatoes, halved
½ cup fresh basil, chopped

STEP 1. Make the dressing. In a small bowl, whisk together the olive oil, vinegar, garlic, salt, and pepper. Set aside.

STEP 2. Combine zucchini noodles, lentils, tomatoes, seeds, and basil. Top with dressing and toss to combine. Serve immediately.



WORK WITH ME

READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Think about how amazing you'll feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program to take your health, life, and energy to the next level?

Join me for my **7 Day Clean Eating Challenge** at <http://creatinglegacywellness.lpages.co/7-day-clean-eating-challenge/>!

Join the Facebook group:

<https://www.facebook.com/groups/7daycleaneatingchallenge2019/>

You'll receive an in-depth guide and a step-by-step plan of action with suggested whole foods meals that will help bring your body back into harmony.

Most importantly, you'll get access to me to address any questions, concerns or struggles coming up for you!

I look forward to working with you!





TESTIMONIALS

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

<https://creatinglegacywellness.com/testimonials>

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