

Rebecca Johnson

Certified Holistic Nutritionist • Culinary Arts Instructor • Speaker • Wellness Coach

COACHING

Plant Rich Life provides creative wellness solutions to help people transition from a low nutrient Sad American Diet (SAD) rich in fat, sugar and animal protein to a nutrient dense, low fat, plant protein diet to restore and maintain health.

SPEAKING

I received a Certification in Plant Based Nutrition from Cornell University and a Certificate in Health Ministry from Hallelujah Acres. I speak on various wellness topics for healthy minds and bodies and youth and vitality.

CULINARY ARTS

I work as a nutrition specialist and consultant for public and charter schools providing curriculum and programming that engages students, staff and the community. With over 15 years experience in food services and catering I have combined my nutrition experience and love for food to host cooking classes and food demonstrations for corporations and individuals through Celebvents, my event company.

My story

My Dad died at 63 from high blood pressure. Then in 2000, I was diagnosed with a pre-cancerous condition. It was then that I began looking for the connection between nutrition and health. I averted a fourth surgery, lost 25 pounds in three months and have committed my life to helping others ever since.

For More information:

For business inquiries contact: Info@plantrichlife.com

To connect socially:

