

Website
Copywriting
for Peace In
The Kitchen



Josie Wild - 2023

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Home Page

How to *Actually* Eat Healthily

I am **Lily West**, a vegan nutrition coach and activist, and *Peace In The Kitchen is my vision*. Certified by *Mystic Core Movements LLC*, I aim to help people transition to the vegan lifestyle or inspire and support vegans. I have made all the mistakes, so your plant-based journey can be a breeze!

My **holistic** approach to nutrition allows me to create curated health programs unique to each client's needs and imbalances. With a keen interest in the menstrual cycle, I use my knowledge to heal the cycle through holistic, vegan nutrition. My services provide **explanations, convenience, support, and accountability** for thriving on a plant-based diet. Plus, my payment plans allow you to focus on your health without worrying about your wallet!

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The essence of *Peace In The Kitchen* is to hold you accountable for your healing transformation. An animal and earth lover, I gently encourage us to make small changes that benefit ourselves, the environment, and animals. I create educational posts on @peaceinthekitchen on Instagram, focusing on nutrition and activism. As a result, *Peace In The Kitchen* has garnered a community of passionate, like-minded individuals who support each other on their vegan journey. Through balanced nutrition and a compassionate attitude, we can fuel our bodies consciously.

**Want to Reach Peace In The Kitchen?
Check Out The Coaching Services.
1:1 Calls, Meal plans, Consistent Support,
And So Much More!**

I came across a quote that read, 'Peace begins on your plate,' expressing my passion for animal liberation. I soon discovered that food can also be incredibly powerful in creating change in the world and for ourselves. My calling is to teach you how to heal and support your body with a diet that heals and helps the planet and the lives of billions of animals. -Lily

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About

Hey! I'm Lily. A nutrition coach, animal lover, and all-around compassionate human. I am dedicated to helping you become your best version - for the planet and yourself.

It took one picture.

I saw a picture of a little piglet, and something clicked. I decided to stop eating meat and transitioned to veganism. It didn't take long to become obsessed with thriving on a plant-based diet. It was a new, exciting way of life and an essential form of vegan activism.

I finally felt like I had found my purpose. For years I had struggled with depression. When I discovered veganism and animal empathy, I found myself. My mental health improved because I nourished my body and felt good about my decision to be a kind, conscious being.

Healing

I have first-hand experience with the healing power of this lifestyle. After suffering from constipation (TMI) my entire life, I finally felt like I didn't have to lie down after every meal. As my digestion improved, so did my energy levels. My trips to the doctor became fewer and fewer. I became more comfortable in my skin and wanted to keep it that way. We've all heard of ex-vegans who claimed they didn't get the necessary nutrients. I didn't want that to be me. It didn't have to be because, according to the largest organisation of nutrition professionals, The Academy of Nutrition and Dietetics, **a plant-based diet is appropriate for all stages of life.** I then knew that this was the right lifestyle for me.

The journey had its bumps: falling victim to Instagram influencer diets, eating too many beans and having a bloated stomach for a few months (true story), not eating enough calories, and not taking necessary supplements.

I had to make those mistakes to **help those on the same journey.**

When I became aware of meeting my nutritional needs, I also became knowledgeable in other areas. I realised that even if I healed my body completely, I could never go back to supporting exploitative industries. And that is what veganism is: a deeper reason for doing what you do. It is an unshakable belief, a passionate stance, and an act of love.

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My Holistic Method

With a psychology studies background and being an English teacher, I am passionate about guiding, helping and coaching people. I have been coaching for two years, building effective health programs unique to each

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person's needs and imbalances. For example, for my clients with a menstrual cycle, I align eating patterns with their cycles to support hormones (and the dreaded mood swings). I also provide meal plans with new, easy, delicious recipes to learn how to cook and maintain a balanced diet. Through my deep understanding of food science, I recognise food as information that either fuels or depletes us. With healthy habits, we can align with the most authentic version of ourselves in the most conscious way possible.

Want to reach Peace In The Kitchen?

SIGN UP WITH YOUR EMAIL TO

SCHEDULE A FREE DISCOVERY CALL.

Helping you reach your nutritional goals on a plant-based diet with ease and support!

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Coaching

Elevate your health and happiness with my vegan coaching services.

Vegan nutrition coaching is a life-changing decision for individuals looking to adopt a plant-based lifestyle or those who are already vegan but seeking support. However, any change comes with obstacles, and my coaching services give you the tools to overcome those obstacles easily. It's so much more than just telling you what to eat! In my coaching, I work individually with my clients to identify their unique obstacles and to overcome them through personalised guidance and nutrition. From mental blocks to nutritional imbalances and health issues, I walk alongside you on your **unique** journey of plant-based wellness.

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By helping you successfully transition to a vegan lifestyle and maintain it long-term, I offer convenient support that holds you accountable for the essential changes made to your life. My various services accommodate your individual phase of wellness, wherever you are in your journey. With valuable tools such as meal plans, recipes, shopping lists, personalised nutritional guidance, and ethical alignment, we can take control of your **health** and **happiness**.

So, let me walk this unique journey alongside you with compassion and accountability!

BEGINNER'S BOOST - \$49

- One 30-Minute Consultation Call
- One Personalised Vegan Meal Plan

Feel empowered and confident to start your journey into vegan nutrition.

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HEALTHY HABITS - \$247

- Two 60-Minute Consultation Calls
- Two Personalised Vegan Meal Plans
- One Personalised Grocery List
- My Pantry Makeover Guide
- One Week Of Email/VOXER Support

Gain a deeper understanding of the principles of vegan nutrition and how to apply them in your daily life.

FULL BODY FUEL - \$449

- Two 60-Minute Consultation Calls
- Four Personalised Vegan Meal Plans
- Two Personalised Grocery List
- My Pantry Makeover Guide
- Four Weeks Of Email/VOXER Support
- Two 30-Minute Check-In Calls During The Four Weeks Of Support

Access a comprehensive and personalised vegan nutrition coaching program tailored to your specific needs and goals.

PAYMENT PLANS AVAILABLE

Don't let finance keep you from investing in **yourself** and your **health**.