



Glad you are here!

Our Services

- Nutritionist services
- Personalized diet
- Follow up
- Personalized menu

A little bit about us:

HealthEat Expertise lays in personally HealthEating your diet and making sure you are reaching your goals! Run by Executive Chef Sara Black Charm, who has been in the culinary world for 20+ Years. She has traveled the world, experimented and studied Kosher and Non-Kosher gourmet cooking, acquiring the unique ability to convert any style of food into an amazing Kosher Healthy dish!

Our Goals:

Our goal is your goal! Whether you just want to feel healthier and improve your diet, or you just want to lose those stubborn extra pounds, whether you cannot consume gluten or you just want to get that sugar level lower, we are here to help you get there!

Our Way of Action:

As soon as we understand your needs with our awesome nutritionist, we get to it! Together we will keep a journal of what you are eating and how you are feeling, we will listen carefully to your feedback and together we will HealthEat your pallet!

A personalized nutrition plan:

Here at HealthEat we work closely with an experienced nutritionist who takes an active part in creating a perfectly tailored menu for your health and dietary needs.

Our Advantages:

- No need to try another trendy diet- our nutritionist is here for you.
- A variety of menu ideas, all under one roof.
- Services fit specifically for your needs and wishes.
- Personal service- we are always available and ready for you at any given time.



Personalized Consultation program

This is a very personalized program which includes two Zoom meetings of an hour each during the first month and one Zoom call a month for the following months.

Benefit from daily support and advice from our Chef, Sara and Nutritionist, Judy on your own joint WhatsApp group.

During our first meeting we will go over your daily routine and eating habits, your health conditions, your food likes and dislikes, and sensitivities, if any and establish your diet and health goals.

Together we will go over your pantry and discuss what you need and what you should avoid.

Together we will build weekly menus, share recipes and provide tips to help you reach success!

We will be with you throughout the whole process focusing on your individual needs, tackling challenges, and finding solutions.

Our goal is for you to continue your lifelong health journey with new tools

that lead to continued success!

Cost:

Monthly fee – 990 NIS (Special Price)

General terms:

1. The terms and payment can be renegotiated at any time by either side of the parties.
2. The service will be provided for 1 month for a special price of 990 NIS (the price is a special one and could be changed) and the service could be continued.
3. The service will begin once the agreement is signed and sent by email to info@health-eat.com .
4. This agreement insures that HealthEat (Asparagus Catering LLC.) keeps all confidential information in trust and strict confidence and agrees that it shall be used only for the purposes required to fulfill the agreement obligations, and shall not be used for any other purpose, or disclosed to any third party.
5. Two Zoom calls will be available to the client with the nutritionist during the month as part of the program. Any additional meeting will be with an additional cost and will be added to the end-of-the-month payment for the sum of **280 shekel plus VAT** for each additional meeting.
6. Payment will be made in advance of every month via bank transfer to the account:
Bank: Discount **Branch:** 162 **Account number:** 014123926 **Name:** Sara Black Charm
Or Bit/ PayBox to: **Account name:** Sara Black Charm **Account number:** 0547702608

Client Details: Name: _____ T.Z. _____
Email Address for receipt _____

Date

Signature