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Komel

Contact

Mon, Nov 24, 9:57 AM

Can we do a quick coffee thing today? I'd really like to pay you for the products and make some smoothies! But I'd also be interested in planning a more elaborate fun get together after the holidays! What do you think? Maybe a cozy coffee shop halfway around 11am?

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Sure. Let's meet at <http://www.anodynecoffeehouse.com> at 11:00 am.

com at 11:00 am.

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month?

If you plan on using them,
take as long as you need!

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Wed, Dec 3, 12:39 PM

Just curious what you
thought of the greens or
the collagen in a smoothie
or with the Gummi's?

Fri, Dec 5, 11:53 AM

Fri, Dec 5, 11:53 AM

One word: amazing! Thank you for the discount and personal delivery!

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Sat, Dec 20, 12:16 PM

Do you have a favorite program, plugin, or site you use to generate client recipes and menu plans? How did you do it? I'm

How did you do it? I'm pulling my hair out looking on line.

Delivered

Sun, Dec 21, 8:13 AM

Nothing fancy. I use excel and created my own formulas to keep track of macro and micronutrients to ensure they are getting the variety that I want for

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the variety that I want for them.

I don't ever give out generic meal plans or recipes though. Everything is catered specifically to each client depending on their disease or condition.

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