

Meet Your Chef

How does an ice cream addict and pastry chef become a plant-based food and living expert?

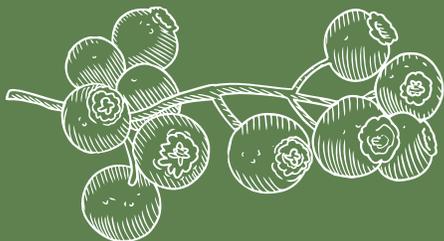
I'm Lauren D'Agostino, high-vibe plant-based chef, intuitive cooking coach, speaker, and author. I cater to spiritual and wellness entrepreneurs hosting retreats in the US and abroad, by serving thoughtful, high-vibrational, and nutrient dense menus to support their guests' healing and evolvment. When I'm not away on retreat, I support busy families to help get a healthy meal on the table that everyone will love!

When I finished pastry school I didn't know what I wanted to do so I turned to something I was naturally skilled at - cake decorating. After three years of overdosing on sugar, I started to feel massive guilt about continuing to feed people unhealthy food.

So I listened to my body and found a plant-based approach to veganism that worked for me and never looked back! I learned how to recreate the foods and flavors I grew up with in a new way that made me feel better than ever.

In the process, I discovered a way of preparing my meals that was intuitive, simple, and fun! It's become my signature service, and is the focus of my first solo book, and second cookbook - Intuitive Cooking. It's what I practice because it allows me to create a meal with the most alive ingredients and what my body is calling for, a practice called intuitive eating.

When I found yoga and discovered my spiritual path, I began to understand the role that diet plays in ascension and spiritual evolvment. A plant-based approach to life gives the human body the best chance to experience all that the joys of life on Earth have to offer our spiritual bodies.



To learn more about my private chef services and how I can serve you, visit laurendagostino.com/services or /retreat for wellness retreat hosts.