



Culinary Medicine Consults

Provider: Consult with Executive Chef, Jim Perko, Certified Executive Chef, American Academy of Chefs

Location: Cleveland Clinic
Lyndhurst Campus
1950 Richmond Road,
TR2-300
Lyndhurst, OH 44124

Cost: Available as an in-person appointment or through a Virtual Visit.

\$75 First time visit
\$49 Follow-up visit

To schedule your consultation, please call 216.448.4325 option 4

Learn To Prepare Healthy Meals

Whether you're trying to lose weight or are newly diagnosed with an illness, Culinary Medicine Consults teach you how to prepare healthy food choices and nutritious meals. The right foods, prepared correctly, can help to improve and/or reverse common chronic diseases. These include diabetes, high blood pressure, high blood cholesterol and obesity.

Culinary Medicine combines nutrition and cooking knowledge to help you achieve and maintain good health. During the initial 60-minute consultation, we will work with you to create a personalized culinary medicine plan based on:

- Your food preferences
- Your current knowledge about recipes and techniques
- Your ability to cook and prepare meals
- What is available in your kitchen
- What family support you have
- Your dietary restrictions

Our goal is to work with you to create a food and cooking plan that won't compromise the taste of your meals or your health. We want you to leave with skills you can easily maintain and share with your family.

Gain the confidence you need to work with recipes, try new kitchen techniques and learn to love the food that loves you back!



For more information, visit clevelandclinic.org/wellness.