

A healthier way to work *and live.*

A chef-led Mediterranean food and wellness experience designed to bring practical well-being into the modern workplace.

SAMIRA ARDALAN Chef • Holistic Nutritionist • Health & Wellness Coach



Well-being people *can actually use.*

The Mediterranean approach to living well is not about perfection. It is about the everyday patterns that shape how we feel — how we eat, move, recover, sleep, connect and care for ourselves.

WHY WELL-BEING MATTERS AT WORK

48%

of U.S. employees are struggling in their overall well-being.

3.2×

less likely to report frequent burnout when employees strongly feel their organization cares.

12B

working days are lost globally each year to depression and anxiety.

Sources: Gallup Employee Wellbeing, May 2026 • World Health Organization, Mental Health at Work

01

FOOD AS A FOUNDATION

Mediterranean nourishment becomes the starting point for a broader conversation about energy, satisfaction and sustainable habits.

02

WELLNESS IN REAL LIFE

Employees explore practical ways to support movement, recovery, sleep, stress and daily rhythm without turning wellness into another task.

03

AN EXPERIENCE, NOT A LECTURE

Food, conversation and a chef-led culinary element make the material engaging, memorable and easy to bring into everyday life.

THE GOAL IS SIMPLE

Help people leave feeling *inspired, energized*, and equipped with realistic ways to live well.

The Six *Lifestyle Factors*

A whole-person approach to modern well-being.



01

NOURISHMENT

Balanced food and hydration for sustained energy and everyday health.



02

MOVEMENT & RECOVERY

Practical ways to move more, recover well and support the body throughout the day.



03

SLEEP & DAILY RHYTHM

Habits that support restorative sleep, clearer thinking and consistent routines.



04

ENVIRONMENT

The role of light, air, surroundings and the spaces where we live and work.



05

EMOTIONAL WELL-BEING

Simple practices that support resilience, connection and a healthier relationship with stress.



06

DIGESTION & INTERNAL BALANCE

Supporting healthy digestion, hydration, elimination and the body's natural rhythms.

THE FRAMEWORK

Six interconnected areas. *One practical approach to living well.*

Engage. Taste. *Learn. Apply.*

A curated 60–75 minute experience designed around your team.

Every experience blends thoughtful Mediterranean food, engaging wellness education and a chef-led culinary element — creating a format that feels warm, polished and useful.

01 WELCOME & NOURISH

A thoughtfully prepared Mediterranean lunch or tasting.

02 EXPLORE

An engaging conversation around the Six Lifestyle Factors.

03 EXPERIENCE

A chef-led culinary demonstration, tasting or guided food moment.

04 TAKE IT WITH YOU

A refined wellness guide with recipes, practical rituals and a personal action plan.

DESIGNED TO FEEL DIFFERENT

Warm, engaging and memorable. *Wellness people can use.*

More than a lunch. *More useful than a lecture.*

The experience is designed to continue long after the session ends.

Employees leave with practical ideas, useful resources and a clearer understanding of how everyday choices across food and lifestyle can work together to support well-being.

01

PRACTICAL HABITS

Simple, realistic ideas employees can bring into everyday routines.

02

A CONNECTED VIEW OF WELLNESS

A clearer understanding of how food, movement, sleep and lifestyle interact.

03

RECIPES & RESOURCES

Mediterranean-inspired recipes, rituals and tools to revisit after the experience.

04

A PERSONAL NEXT STEP

A simple action plan that helps each person choose what feels useful to them.

A SHARED EXPERIENCE. A PERSONAL TAKEAWAY.

Designed to inspire reflection —
and make healthy living feel *approachable*.

Practical enough for the workday. Relevant enough for life beyond it.

Food. Wellness. *Hospitality.*

SAMIRA ARDALAN

Holistic Nutritionist • Health & Wellness Coach • Chef

Samira Ardalan is the founder of Mediterranean Healthy Living, where she brings together food, lifestyle education and hospitality through a distinctly Mediterranean lens.

Her work is rooted in making wellness feel practical, beautiful and relevant to everyday life — translating nutrition and lifestyle principles into experiences people can understand, enjoy and actually use.



SELECTED WORK

FOUNDER

Mediterranean
Healthy Living

CULINARY INSTRUCTOR

Miele

RESTAURATEUR

Starnut Gourmet
McLean, Virginia

AUTHOR

Avicenna Cuisine

BRING MEDITERRANEAN HEALTHY LIVING TO YOUR WORKPLACE

Custom experiences tailored to your team,
venue and goals.

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