



# NATHI TORO

HOLISTIC NUTRITIONIST &  
PLANT-BASED CHEF

## ABOUT ME

Nutritionist, plant-based chef & educator with over 8+ years of experience working with private clients, celebrity chefs & companies to promote nourishing foods & inspire a more sustainable lifestyle.

## EDUCATION

### ARIZONA STATE UNIVERSITY

2021 MS Medical Nutrition (graduation 2022)

### MATTHEW KENNEY CULINARY

2015 Plant-based culinary education

### INSTITUTE FOR INTEGRATIVE NUTRITION

2013- Holistic Health & Nutrition Coach

### E-CORNELL

2015- Plant-based nutrition

### HARVARD CME COURSES

Stress Management, Nutrition & Metabolic Syndrome  
Lifestyle Medicine & Weight Management,  
Prescribing Exercise

### STANFORD UNIVERSITY

Child Nutrition & Home Cooking

Strong interpersonal, social skills  
Tailoring curriculum plans  
Experience with instructional design  
Nutrition counselor  
High energy mentor  
Thrives in a fast-paced environment  
Strong attention to detail  
Effective planner

## SKILLS

## EXPERIENCE

2013-  
present

### NATHI TORO NUTRITION LLC OWNER & NUTRITIONIST

- Conducted individualized nutritional assessments based on laboratory tests and data.
- Assessed individual nutritional risk and status.
- Led educational classes on topics of nutrition, wellness & plant-based cooking.
- Educated clients about the long-term health benefits of balanced lifestyles and exercise programs.
- Private Chef & Nutritionist working with clients to cater to their dietary needs.
- Working with private chefs to teach plant based nutrition & menu development

2016-  
2018

### MATTHEW KENNEY CULINARY VP OF OPERATIONS

- Developed curriculum and taught classes on the leading plant based culinary academy
- Fostered meaningful relationships among students through student field-trip retreats and team work community service projects
- Taught plant-based sports nutrition, culinary medicine, and culinary nutrition, sustainability, waste management & seasonal produce.
- Assisted with budgeting, purchase orders, equipment inventory, student kits and overall operation of every academy.

2015-  
2017

### COLD PRESSED RAW CO-FOUNDER & CHEF

- Conducted market research
- Budget and menu proposal for catering, and office events.
- Verified proper portion sizes and consistently attained high food quality standards.
- Creative developer (menu and products)
- Staff Management and training, along with the creating of an operating manual aligned with our guidelines to ensure consistent results by the staff, unsupervised.
- Motivated staff to reach our daily goals

# Nourish

BY NATHI TORO

## CONTACT

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