



City E Nutrition introduces a whole new perspective in nutritional dieting. We have combined qualified chefs and nutritional experts, in one. This allows us to deliver to the market a combination of exciting nutritional menus that are fun, healthy, innovative and exceedingly delicious.

The great thing about City E Nutrition is that you have your own personal chef and nutritionist providing “hands on” training, listening to your needs and then together designing a nutritional menu specifically for you. We even teach you how to cook.

What makes us different?

City E Nutrition further specialises in the “teen market”. Lets face it; teens reaching a certain age become very conscious of their body, development and how they look. Adverse appearance can lead to physiological and dietary problems.

Through City E Nutrition we specialise in working with Teens and their parents to teach safe dietary habits, create special menus, introduce healthy and easy to make nibble and snacks. Cooking lessons designed for kids/maids and a host of nutritional information that keeps both parent and child informed, without giving up completely what they like to eat are all part of the City E Nutrition experience.

Through the personal relationship we develop with you, we deliver a more proactive, interactive, and health conscious, dietary technique that is certain to create a more positive impact on your life style.

Who says nutritional eating cant be fun....

Services

- Dietary analysis
- Vegetarian
- Child Nutrition (ages 3 months-5yrs and 5-11yrs)
- Teen Dietary Services (12-20 yrs)
- Detox and Stress Relieving Diets
- Special Needs (i.e. allergies, food intolerance, cancer, diabetes, other illnesses)
- Food preparation and special needs menu planning.
- Sportspersons diet, according to sport and training.
- Training in cooking and storing nutritious meals.

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