



CULINARY MEDICINE PHYSICIAN COACHING

Culinary Medicine combines the art of cooking with the science of medicine to help you achieve and maintain good health, deliciously.

Linda Shiue, MD, Chef, DipABLM | Culinary Medicine Physician Coaching

- 60 minute consultation with physician-chef on how to eat and cook your health
- Culinary medicine prescription with recipes customized for your food preferences and culture, dietary restrictions, and health conditions
- Virtual kitchen consult with advice on pantry stocking and equipment for your kitchen
- Private cooking instruction
- Priority registration into 3 Thrive Kitchen virtual cooking classes
- Exclusive discounted meal delivery (optional)
- Counseling on meal planning, grocery shopping, nutrition label reading and mindful eating

Call (415) 833-7808 to schedule an appointment.

Kaiser Permanente San Francisco Health Education

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your covered health plan benefits, please see your Evidence of Coverage. Open to members and nonmembers. 01/2024

Photo of model, not actual patient.