

Kim Braunsroth, the Fit Chef

Thursday, 06 September 2007

Last Updated Monday, 17 September 2007

On September 13, 2007 I interviewed Chef Kim Braunsroth a member of the United States Personal Chef Association. Handy in the kitchen since she was 10, Kim attended Le Cordon Blue program at Atlanta Culinary and graduated from the Culinary Business Academy. As an athlete, Kim has competed at the national level as a saber fencer, and recreationally as a cyclist and race walker. She currently studies martial arts. She live in the city of Decatur, Georgia, with her husband and six-year old son.

She can be reached at: 678-754-8507 or her website: <http://www.fitchefatl.com>

Kim works as a personal chef with a specialty in people who are athletes and serious fitness enthusiasts. She works with the people themselves and their trainers to make sure the food she is making for them is the most healthful and appropriate for the amount and kind of training they are doing.. She also consults with nutritionists or sends the person to a nutritionist when that seems to be what is needed. Through a thorough assessment of the needs and desires of the client she devises a sample menu. If that is approved by you, the client, Kim comes to your house, brings all her pots and equipment , makes food for you, leaves it packaged in portion sizes in the refrigerator and disappears with everything all cleaned up. That is such a deal!

Much of the food that Kim makes is vegetarian. She does cook meat for people who want it, but draws the line at veal. She will do consultations with people who want to do their own cooking and in fact, will go with you to the grocery store to help you read the package labels to decide what is healthy and fits into the diet you have chosen. Grocery shopping with Kim is sort of like being a detective.

contact Kim at: 678-754-8507

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