

MEG GREEN MS, RDN, LD, IFNCP

REGISTERED DIETITIAN AND INTEGRATIVE AND
FUNCTIONAL NUTRITION CERTIFIED PRACTITIONER,
MEG GREEN RD, PLLC

I coach ambitious women on how to shatter the shell of complicity and create impeccable health. It is my mission to help uncover root causes while contributing tools and support healing at the deepest level using food as medicine. I currently work with clients one-on-one and through group coaching to balance hormones, nourish thyroid function and revive metabolism. Together, we create a clear, customized plan based on the client's body's unique needs to renew health and get back to living the best season of life.

HOW I KNEW THIS WAS MY PASSION My family is full of dominant females who also had skills with food—either as great cooks or as growing produce to even having health food stores. I inherited skills from each one and paved my way of using food as medicine. **BIGGEST CHALLENGES IN MY CAREER** Breaking stigmas around nutrition. Calories and weight are separate from self-worth. Try on providers like clothes — if it isn't a good fit, move on. Investing in your health is priceless and it shouldn't be placed on the back burner. Lastly, advocate!

MY FIRST JOB AND WHAT IT TAUGHT ME I contacted a weight-loss camp CEO for a college project. He offered me a job on the spot to teach nutrition classes. Experiencing effects of weight bias taught me how to be part of the solution and not the problem.

IN THE DETAILS:

HOMETOWN Wynne **I CAN'T START MY DAY UNTIL** I have a large cup of water on my nightstand, and I drink it first thing. **HOBBIES** Cooking, gardening, reading, paddle boarding and resting **BINGE WATCH** "The Sopranos." I rewatch it every year. **LAST GOOD READ** "The Four Winds" by Kristin Hannah **FAVORITE MEAL**

IN TOWN The Root Cafe's deviled egg salad on a gluten-free bun **BEST RECENT LOCAL DISCOVERY** Bella's Kitchen. It's a game-changer and lifesaver!

LATEST SPLURGE Secret birthday trip for my daughter **MOST-USED APP** Healthie and Clubhouse (my new obsession)

DREAM VACATION Maya Bay in Thailand

