

Kiaora

My daughter (Freedom) and I were given an opportunity to do a Nutrition Course through PDT. Alana and Sam came over, introduced themselves to us, one being a Chef and a Health Coach. I found them friendly and was really inspired by them to change our eating habits. The meal he cooked was fast, efficient and most of all healthy and I couldn't get over how fast it was and, to eat was fulling which says a lot for us! Alana had good information and recipes that were cheap enough to do, along with snacks also. I have been telling a lot of people I come across to get on board this nutrition course and gain new ways to eat. I thoroughly enjoyed this course and I'm looking forward to meeting up again with the Alana and get a programme for us so we stay healthy. Once again thank you PDT.

Verona Manaena