



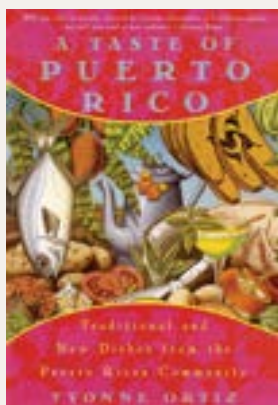
Our favorite holiday gift ideas



When you work in a nutrition clinic, loving food (and loving the process of cooking it) comes with the territory. We polled the Starkel Nutrition team on their favorite cooking gadgets and gifting ideas for the holiday season. **Read on to see their suggestions...**

Eileen: Products and cook books to make Puerto Rican food!

Specializes in Women's Health, Chronic Conditions, Metabolic Health, and Sports Nutrition

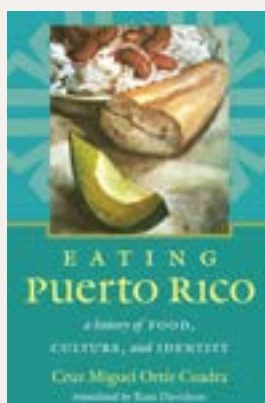


Cookbook

Flavor Trio Combo



Sofrito Trio Combo



Cookbook

Dani: Premade marinara and pesto sauces (these can be frozen until they're ready to use)

Specializes in Eating Disorders and Intuitive Eating



Dani's favorite meal!

Tine: A bench scraper for those who love to bake bread

Our clinic manager



Bench Scraper & Chopper

Chelsea: Olive oil and nut butter jars that will look lovely on your counter or shelf.

Focuses on Women's Health, Family Nutrition, and Intuitive Eating

Nut Butter



Olive Oil



5-Speed Immersion Blender

Maddie: A potato ricer to make the silkiest mashed potatoes.

Expert in Sports Nutrition, Women's and Men's Health, and Food Allergies, Sensitivities, and Intolerances

Stainless Steel Potato Ricer



Julie: HexClad pans, Le Creuset essentials, and gifts for every home chef!

Our president and founder

Pan Set



Le Creuset mini ramekins



Le Creuset mini cocottes + cookbook

Rachel: An electric whisk for frothing drinks, or any other liquid that needs to be whisked

Expertise in Autoimmune and Digestive Health and provides Gender Affirming Care for the LGBTQIA2S community

Ultra Fast Handheld Drink Mixer



Riana: Durable, stain-resistant cooking utensils—perfect for curries, sauces, and everyday cooking.

Focused on Cognitive Health, Healthy Aging, and Women's Health



5-Piece Ultimate Tool Set



Be sure to schedule your appointment this holiday season to get personalized tips, festive recipes, and strategies to keep you feeling your best all season long. Let us help you stay healthy, happy, and stress-free through the holidays!

Call us today: 206-853-0534

Email us: admin@starkelnutrition.com

Reach out here: www.starkelnutrition.com

Stay tuned for our special series of five mini-newsletters coming soon! Each one will feature tips, gift ideas, and recipes to help you celebrate the season with health and joy.

