

Carmel Valley-based Optimal Nutrition Inc. Specializes in Healthy, Customized Organic Meals



“EVERYBODY DESERVES THE BEST,” said Michelle Weinstein, president of Optimal Nutrition Inc., a Carmel Valley-based company that makes choosing healthy nutrition a breeze.

Every ingredient they use in their menu is sourced fresh from the finest organic farms and

manufacturers with no additives or GMO (genetically modified organism) foods, explained Weinstein. Each meal is designed and portioned specifically for a client’s own body and activity level.

But perhaps the most vital ingredient in ONI’s nutrition program is simplicity. “The food is already prepared, you don’t have to shop, you don’t have to cook, and you don’t have to clean up!” says Weinstein.

With affordable prices – menus start at around \$30 a day, which includes lunch and dinner plates – the concept is catching on. Because of the customized plans – clients complete a detailed questionnaire to determine their unique nutrition goals – the program works for those who wish to lose, maintain or gain weight.

The customized meals, which include handy freshly baked bars for people on the go, allow clients to eat five-six balanced meals per day.

Menu items include delicious options such as Cajun Chicken Alfredo, Sweet and Sour Chicken, Turkey Burger with Roasted Sweet Potato, and Pasta Primavera. In fact, ONI has created over 100 customized, gourmet organic meals with five meal varieties offered each week to choose from.

To find out more about the nutrition programs offered by Optimal Nutrition Inc. or Nick Shinton’s personal chefing, call (858) 764-2654 or log onto the company’s website at optimalnutritioninc.com.