



Myriam Kamouh

Certified Nutritional Therapist
& Corporate Nutrition Coach

Since 2017, I have been delivering nutrition workshops across Belgium, France and Luxembourg. My mission: make healthy eating joyful, accessible and immediately practical — for every team.

My 4 core values

Transmission · Prevention
Meaning · Passion



Trusted by

GSK · AXA · Meta · Baloise
AG Insurance · D'leteren
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What if your team's plate *changed everything?*

As a certified nutritional therapist, I offer workshops that help employees optimise their physical and mental health through nutrition — better immunity, sharper focus, controlled stress and positive team dynamics.

A team building that actually makes sense

34% of Belgians view team building as a waste of time. Nutrition workshops respond to a real, daily need — energy, stress, wellbeing — and create genuine, lasting human connections within your team.

THE 3 FORMATS

■ LUNCH & LEARN

1h talk + 15 min Q&A + organic lunch I prepare myself

An interactive conference on a nutrition topic, then Q&A. I stay with your team for the organic, vegetarian, home-prepared lunch — eating with them, answering questions, fully present. Available in person or webinar.

■ SNACK & LEARN

1h talk — the flexible, accessible format

Same high-quality content as the Lunch & Learn, paired with a healthy low-glycaemic snack during the session. Perfect for busy teams or tighter budgets. In person or webinar.

■ COOK & EAT

1h30 hands-on cooking workshop + tasting

A practical team cooking experience: 1 hour in the kitchen, 30 minutes tasting together. Participants cook, eat and leave with real skills they'll use for life. Option: recipe contest — winner gets a private consultation or Green Transformation programme.

After every workshop — each participant receives:

step-by-step method · memo sheets · 12 quick recipes · pantry & utensil lists · supplement advice



■ LUNCH & LEARN — 4 SIGNATURE WORKSHOPS

**DYNAMISM & ENERGY
THROUGH BETTER NUTRITION**

Eat better, not less. Discover the principles of hypo-toxic and anti-inflammatory nutrition. Replace certain ingredients with their healthy alternatives to boost immunity and ease inflammation. Eat the right foods at the right time — using chrono-nutrition — and master your glycaemic balance to regain energy, focus and a positive mood.

HAPPINESS STARTS ON YOUR PLATE

90% of serotonin, the well-being neurotransmitter, is regulated by our gut. Learn how to nourish your intestinal microbiome with the right foods and supplements — for a stronger mind, better immunity and reduced stress and anxiety.

**HEALTHY IS THE NEW BEAUTY
— FIND YOUR IDEAL WEIGHT**

Find the weight at which you feel at peace with yourself — no dieting. Stop counting calories and start using the glycaemic index instead. You'll discover that staying in shape and enjoying food can absolutely go hand in hand.

SPORTS NUTRITION

What are the benefits of sport for your immunity and mental wellbeing? How to fuel before, during and after exercise — and throughout the week? Best advice for combining peak performance, high energy and optimal health, for casual joggers and serious athletes alike.

■ COOK & EAT — 2 SIGNATURE WORKSHOPS

LUNCH BOX & BUDDHA BOWLS

A practical workshop to compose a delicious, beautiful and healthy lunch box — maximum energy in the afternoon, no energy crashes, no cravings. Master the 'meal-kit method': how to prepare wholesome lunches for the whole week without sacrificing your free time. Tasting included for all participants.

PREPARE YOUR SUPER SNACK

A hands-on workshop that proves you can enjoy delicious sweet, chocolatey or fruity treats while taking care of your health and blood sugar. The secret: choose the right ingredients! You'll boost your serotonin — the healthy way. Tasting included for all participants.

WHY GREEN COACH NUTRITION■ **A full experience, not just a talk**

I prepare the organic lunch myself and eat with your team. I stay for all questions. Your employees live nutrition — they don't just hear about it.

■ **Complete method after each session**

Memo sheets, 12 quick recipes, pantry & utensil lists, personalised supplement advice — ready to act the very next morning.

■ **Passion, pedagogy & accessibility**

Lively, interactive sessions tailored to all levels — from complete beginners to health enthusiasts.

■ **3 languages, 3 countries**

French, Dutch and English. Belgium, France and Luxembourg — in your offices or at an inspiring external venue.

■ **9 years of hands-on experience**

Thousands of employees reached across 30+ companies, from startups to multinationals.



Let's schedule a video call — personalised quote within 48h

myriam@greencoachnutrition.com · +32 475 831 222 · www.greencoachnutrition.com