

The Joy of Cooking From Scratch

There is something special about knowing exactly what goes into the food you prepare. When you cook from scratch, you have greater control over your ingredients, flavors, portions, and preparation methods.

You can make a pot of nourishing soup with real broth, vegetables, herbs, and spices. You can prepare meals using simple ingredients instead of relying on heavily processed convenience foods. You can bake treats for your family while being more intentional about the ingredients you choose.

And you can rediscover the joy of cooking instead of feeling like preparing meals is just another chore on an already overwhelming to-do list.

I also understand that life gets busy. Between work, family, appointments, and everything else competing for your time, planning meals and preparing food can feel exhausting. That's why I want to make scratch cooking more approachable, practical, and enjoyable.

Let's Rethink Your Favorite Recipes!

One of my favorite things to do is help people rethink the recipes they already love.

Maybe you want to replace artificial sweeteners with alternatives that better fit your preferences. Perhaps you're looking for ways to use different cooking fats, reduce reliance on ultra-processed ingredients, or prepare homemade versions of your family's favorite foods.

Or maybe you simply want to stop wondering what to cook for dinner every night!

Together, we can explore ingredient substitutions, cooking techniques, and meal ideas that fit your lifestyle, preferences, and wellness goals. I'll help you understand not just *what* to change, but *why* certain ingredients work better in particular recipes.

And because baking is both an art and a science, substitutions need to be chosen thoughtfully. The right ingredient can make all the difference in a recipe's flavor, moisture, texture, and overall result.

My goal isn't to make you afraid of food. It's to help you become more confident, informed, and inspired in your own kitchen.

How I Can Help You Bring Better Food to Your Table

Through reBorn Wellness, I offer personalized support to help make wholesome, homemade food a more natural part of your everyday life.

Meal Planning & Personalized Menus

Take the stress out of deciding what to eat. I'll help you plan meals around your preferences, schedule, and wellness goals.

Customized Grocery Lists

Know what to buy before you walk into the store. Organized grocery lists make shopping easier and help you get the ingredients you need for the meals you plan to prepare.

Recipe Makeovers & Ingredient Swaps

Let's look at your favorite recipes and explore alternatives to artificial sweeteners, industrial seed oils, and other ingredients you prefer to avoid, while working to preserve the taste and texture you love.

Private Cooking Classes

Learn hands-on skills, discover new recipes, build confidence in the kitchen, and learn how to prepare homemade meals and baked goods using ingredients that align with your preferences.

Whether you're a beginner, a busy parent, someone looking to improve your everyday eating habits, or an experienced home cook ready to try something new, there's always something new to discover in the kitchen.

Nourish Your Temple, One Meal at a Time

My journey has taught me that wellness is not about perfection. It's about learning, making informed choices, finding what works for you, and creating sustainable habits that support your life.

For me, that philosophy starts in the kitchen—with real ingredients, homemade goodness, and a little love in every recipe.

I'd love to help you bring that same joy and confidence into your kitchen, whether we're planning your weekly meals, reworking a treasured family recipe, or learning to bake something wonderful from scratch.

Ready to make scratch cooking part of your wellness journey?

Contact reBorn Wellness to learn more about personalized meal plans, menus, grocery lists, recipe ingredient substitutions, and private cooking classes.

Let's get back to the goodness of homemade food!

Enjoy the Journey,

Holly deBack-Walslager
reBorn Wellness

reBorn Wellness provides educational wellness services. Individual nutritional needs and ingredient tolerances vary. Ingredient substitutions do not guarantee specific health outcomes.