

Mesa de Vida Recipe Starter Sauces

Healthy Gourmet Products/Inspiring Woman Founder

- Concentrated flavor bases in exciting global flavors make it easy for anyone to create an incredible, restaurant-worthy meal at home. Saute, simmer, one-pot or slow cooker sauce; skillet meals, soup or stew starter, and more!
- Created by a chef/mom that knew could have it all – healthy ingredients, multi-tasking products that work as hard as we do, and above all, GREAT flavor.
- Originally made by founder Chef Kirsten Helle Sandoval in the kitchens of her professional athlete clients. Chef Kirsten turned her health around (and accidentally lost over 100 pounds) when she set out to create a healthy new family legacy, is a living kidney donor, and mother to two kids with a rare genetic disease. Yes, food is medicine – but it can also taste great!
- On a mission to help everyone live a healthier, more enjoyable life, one delicious meal at the table at a time.



- Whole30 Approved, Paleo, Keto and Vegan Friendly.
- Extremely low in sodium so you can control the salt level to your own tastes & health needs.
- No oils, fats, or added sugars, low calorie.
- 100% natural ingredients, no gmos.
- Eliminates the need to purchase a basket full of vegetables or a cabinet full of spices just to make one meal.
- Achieve chef-crafted, restaurant-worthy meals at home without being a gourmet chef.



Founder/Creator of Mesa de Vida, Chef Kirsten Sandoval.

Seen on Food Network, the cover of Woman's Day and Women's World Magazines, former chef spokesperson for food commissions, and heart-health missions.



Caribbean flavor



Creole flavor



Mediterranean flavor



North African flavor



Smoky Latin flavor

Story lines, topics, areas of expertise:

- Healthy Pantry Staples/Whole30 Approved Staples
- Heart-Healthy living and products; Healthy Foodie-Approved products
- Cooking/meal planning/healthy pantry tips from a personal chef to athletes and celebrities
- Inspiring women entrepreneurs/founders; Lifestyle transformation stories
- Quick and healthy cooking demonstrations, healthy living tips, and more.

CONTACT

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