Meet Our Team



Melanie Coff
Owner / Herbalist Coach

As a passionate nutrition coach who has lost over 100lbs, I am dedicated to empowering others to live healthier, more balanced lives. My journey is rooted in a belief that food is fuel for both the body and the soul, and I am here to make healthy living accessible and sustainable for everyone. Whether it's through personalized nutrition guidance, lifestyle coaching, or simply sharing tips/recipes, I love helping my community discover the joy of nourishing themselves inside and out. Together, we can build habits that create lasting change and a healthier, happier life for all. I am committed to giving back to the community and taking back control of their health by making one healthy choice at a time.

Lydia – Blends Team Manager





Tori – Blends Team Member

Jasmine – Blends Team Member



Meet Our Results Coaches



Hope – Healthy with Hope Nutrition

Baily – BMC Fit





Shante– Shante's Healthy Club

Lori – Balanced & Boosted Wellness

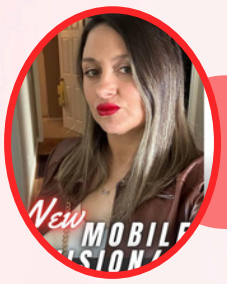




Olivia & Daniel – OC Fitness

Samantha





Courtney

Shannon – P31 Nutrition





Trisha – Rack & Reel Nutrition

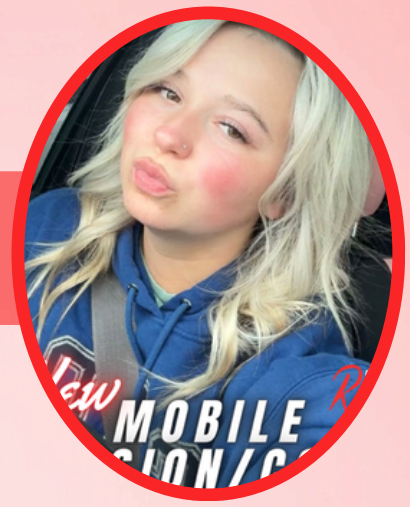
Madison



Meet Our Results Coaches



Lydia



Jasmine



Kristen



Bayley



Hayley