

# food as medicine chef

**AUTHOR  
FARMER  
SPEAKER**

*Lala Lando*



Book Chef Lando for our upcoming cooking class or as a captivating speaker, spotlighting her extensive expertise in crafting nutritious meals tailored for those with chronic illnesses. Explore her inspiring mission of harnessing the power of food as medicine, showcasing how nutrition deeply influences our well-being. Additionally, Chef Lando's visionary approach extends to her ownership of a stunning 19-acre property, where she's cultivating a farmstead retreat. Here, she seamlessly integrates food, fun, and farming to foster connections and promote holistic health experiences.

FOR MORE DETAILS PLEASE CONTACT  
[NEUMUNEFARM@GMAIL.COM](mailto:NEUMUNEFARM@GMAIL.COM)

[ Spring '24 ]

# CONSULT & SERVICES

## CONSULT

Menu Design  
Personal Nutrition  
Meal Prep Plan  
Health Coach

## Consultations

Menu Design  
Personal Nutrition  
Meal Prep Plan

## COOKING CLASSES

Personal 1:1  
Hands-On Small Group  
Large Groups

## Corporate & Group

## SPEAKER

Special Speaker Cooking  
Demos

Cooking Classes  
Special Speaker  
Boost Health

## CORPORATE & GROUP

Wellness Programs  
& Presentations  
Lunch & Learn

Food As Medicine

Collaborations

Farmstead Retreat

Metaflorasis! Art  
Collective Project



CHEF LANDO - MS. LAN THAI

@LaLaLandoSD  
neumunefarm.com

neumunefarm@gmail.com

[ Spring '24 ]

# COOKING CLASSES

## DUMPLINGS

Learn how to make 5 different popular dumplings: Ingot, Crescent Moon, Rose, Xia Long Bao, Lace Start or Bao Buns.

## DIM-SUM & SOME GLUTEN-FREE

Naturally gluten-free favorites: Turnip Cake, Lotus Leaf Wrapped Sticky Rice, Banh Xeo, Rice Rolls

## OODLES OF NOODLES

Learn how to make popular noodles like ramen, pasta noodle, and udon noodle

## FOOD AS MEDICINE

Learn Chef Lando's 10 basic F.A.M. Food As Medicine Principles in Crafting a meal. Lando goes through importance of nutrition and sourcing of ingredients. Make Chef Lando's famous Daily Vitamin Rolls

## OTHER COOKING TOPICS

Variety of Cooking Topics -  
// Breaking down Whole Chicken & Making Broth  
// How to Meal Prep // Women's Health  
// Guide to Medicinal Gourmet Mushrooms  
// Anti-Inflammatory Cooking // Fermentation



Chef Lando has rolled  
**over a MILLION**  
dumplings, spring rolls,  
egg rolls, and more!

@LaLaLandoSD  
neumunefarm.com

neumunefarm@gmail.com

[ Spring '24 ]

# SPEAKER PRESENTATIONS

## FOOD AS MEDICINE

Chef Lando's journey began with her frustrations with the healthcare industry when her mom was diagnosed with Stage IV lung cancer. This pivotal moment propelled her into the realm of Food As Medicine and beyond, where she discovered the interconnected aspects of mental and community well-being.

## ON GROWING, COOKING, AND EATING

Chef Lando passionately emphasizes the significance of all facets of food production, encompassing growing, cooking, and eating, and underscores how mindfulness and intentions interconnect to shape overall wellness

## SPECIAL TOPICS DESIGNED FOR OCCASION



CHEF LANDO - MS. LAN THAI

@LaLaLandoSD  
neumunefarm.com

neumunefarm@gmail.com

# HISTORY OF SERVICES

## REAL SIMPLE MAGAZINE

Guest Speaker at Real Simple Magazine's Retreat in panel "Finding Magic in the Mundane" alongside author Amy Spencer and Queer Eye's designer, Bobby Berk

## ACTIVIA - DANONE

Guest Speaker on Gut Health & Special Q&A Session Breakout for Worldwide Company Event in Los Angeles - included full brunch catering - 90 min

## BERRY GOOD FOUNDATION

Guest Speaker Headliner for "Food As Medicine" presentation alongside cooking demo using medicinal and gourmet mushrooms - 90 min

## WANDERLUST FESTIVAL

Guest Speaker Headliner for 'On Growing, Cooking, and Eating Food': a captivating presentation delving into the timeline of food and its profound interconnectedness with intentions and respect for nature. - 90 min

## CORPORATE LUNCH & LEARNS & WELLNESS EVENTS

Chef Lando provides practical, real-world recommendations that corporate teams can easily implement into their daily lives, fostering positive changes and enhancing overall health. 30-60min



# ABOUT CHEF LANDO



Lan Thai, aka Lando's story begins in a refugee camp in Thailand, where she was born to parents fleeing the communist takeover of Vietnam. Growing and cooking food was not a luxury in her early life, but a precious necessity; she literally doesn't remember learning to use a knife—it was as much a part of her developmental experience as learning to walk or speak. It's difficult to overstate the fundamental role that food, its production, and its preparation played in her life, just as it's difficult to overstate the visceral connection that she developed with cooking as a result.

The potential of food and culinary tradition to sustain, connect, and lift up families and communities is a chief contributing factor in her view of cooking and eating. This deeply-layered perspective shines through in the cuisine she creates, which manages to be both grounded and elevated, an achievement born of a life lived through food.

Chef Lando's journey towards her current culinary and wellness endeavors began with a courageous decision to depart from her high-paying corporate tech job as an engineer at Adobe Systems. Following this bold move, she embarked on an extraordinary two-year odyssey of worldly travels, immersing herself in remote countries and living off the land.

Upon landing in Hawaii, Chef Lando seized the opportunity to establish her own organic catering business, pioneering "Farm-to-Chopstix" dinners directly on local farms. However, her life took a profound turn when her mother was diagnosed with Stage IV lung cancer. Faced with this heartbreaking news, Chef Lando made the easy choice to leave everything behind and return home to San Diego to be with her family.

It was during this period of personal turmoil that Chef Lando's journey into the realm of food as medicine truly began. Frustrated and angered by Western healthcare, she embarked on a mission to explore the interconnectedness of nature, nutrition, and mental well-being. Through her dedication to integrating food as medicine into her mother's treatment, she was able to extend her mother's life from a prognosis of just two months to a remarkable two years.

In the subsequent years, Chef Lando opened food as medicine concept cafes, aiming to promote holistic wellness through nutritious cuisine. Despite the challenges posed by the pandemic, she continued her mission by providing over 150,000 meals to seniors and those vulnerable.

Recently, Chef Lando sold her cafes to focus on her latest venture: a 19-acre property named Neu Mune, which she is transforming into a farmstead retreat and learning center. Here, she plans to offer classes on cooking, food cultivation, herbalism, and health, recognizing the vital role that real-life connections and community play in overall wellness.

Chef Lando has expanded her reach through the establishment of a new business, "FAMMá" which ships nationwide, enabling her to connect with a broader audience than her cafes could reach. FAMMá specializes in providing heavily nutrient-dense ingredients scientifically proven to support optimal recovery for postpartum moms and individuals battling chronic illnesses such as diabetes and cancer.

In addition to her culinary ventures, Chef Lando has ventured into the world of literature, authoring a humorous adult and children's comic titled "Get Off the Ducking Phone". With full-color illustrations, she delivers crucial health advice through humor, believing it to be one of the most effective ways to convey important messages in today's digital age. Furthermore, Chef Lando is currently in the process of authoring her second book, "Food As Medicine F.A.M. Functional Journal & Cookbook".

Invited to numerous corporate events as events, Chef Lando shares her inspiring story and emphasizes the importance of food as medicine, emphasizing its profound connection to mental well-being, community, and nature. Throughout her journey, one thing remains constant: her unwavering dedication to human health and the well-being of our planet, grounded in the profound interconnectedness of it all.