



Lanita Pemberton

apØstLanita GuarDinner

Season, Marinate, and Taste your new healthy lifestyle, potentially reduce inflammation, eliminate healthcare cost, and nullify food allergies.

Calibrate your dinner plate to virtually eliminate unhealthy eating habits for LIFE!

Expert Skills

	Level	1	2	3	4	5
Lifestyle Documentation		●	●	●	●	●
Elemental Identification		●	●	●	●	●
Culinarian Gardener		●	●	●	●	●

Contact

- Text/Office: 931.310.6009
- Email: admin@LanitaPemberton.com
- www.LanitaPemberton.com
- Cedar City, Utah
- Nashville, Tennessee
- Pleasantville, New Jersey

Herbin Bread GuarDinner Domane course*

Season

this moment, it is time for you to improve your life and style it with your potential.

- The Question
- Vibnamic Formula
- Elemental Recipe
- Culinarian Plan
- Pantry Surgery

Marinate

with the frequency of authentic wellness and embrace your elemental recipe.

- Spring Detox
- Dinner Table Setting
- Vibnamic Veg Meals
- Waste Mitigation
- LaNeedA Seeds
- GuarDinner Garden

Taste

the perfection of your formulated cuisine that you nurtured and produced.

- Peak Season Feast
- Autumn Cleanse
- Harvest Gathering
- Calibrated Garden Map
- VibnamiCulinarian Life

**A guided 16-task course with
online study, audios, physical
materials and live events.**

***1-on-1 & Group Classes Available**