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The Household Wellness Brief

Clear instructions for chefs, assistants and family-office teams

MERCY UDOM

INTEGRATIVE NUTRITION HEALTH COACH

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Coordinating delivery across a complex household without disclosing more personal information than each role needs.

Educational content only. This paper is not medical advice and does not replace individual assessment by a doctor or registered dietitian.

Why a brief is needed

In a complex household, nutrition decisions may pass through an assistant, chef, shopper, nanny, travel coordinator and family-office executive. Verbal instructions are easily distorted, while sharing full coaching notes exposes unnecessary information. A household brief converts the client's chosen plan into procurement, preparation, scheduling and communication standards.

What it should contain

The brief may include approved staples, preferred meal structures, foods the client chooses not to eat, clinically confirmed allergy instructions, travel supplies, guest protocols and approval routes. It should not include diagnoses, laboratory values, weight history or private coaching reflections. Emergency-risk instructions should be developed with relevant clinical professionals.

Design for execution

Household documents should be short, scannable and usable in the kitchen or travel office. Daily standards should be separated from seasonal menus. Plain language, examples and acceptable substitutions prevent misunderstanding. Chefs and assistants should be invited to identify procurement and execution constraints.

Control circulation

The client approves recipients. The chef receives menu and procurement information; the travel coordinator receives destination requirements; the finance team receives invoices, not health details. Distribution should be reviewed when staff change, old copies withdrawn and channels selected according to sensitivity.

Keep it current

The brief should change when preferences, schedules or professional advice change. Regular review removes obsolete instructions and prevents accumulation of rules. Success appears in quieter operations: fewer last-minute decisions, consistent availability, fewer misunderstandings and clear ownership.

Selected references

1. ICO. Special category data guidance.
https://ico.org.uk/for-organisations/uk-gdpr-guidance-and-resources/lawful-basis/special-category-data/

2. World Health Organization. Healthy diet.
https://www.who.int/news-room/fact-sheets/detail/healthy-diet

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