



KAYLI ANDERSON

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@plantbasedmavens



With over a decade of experience in plant-based nutrition and lifestyle medicine, I know how to support people find success on their health journey. I draw on extensive experience writing, teaching, and speaking about nutrition. I'm most passionate about providing woman-centered, empowering nutrition and health guidance.

EDUCATIONAL BACKGROUND

Saint Louis University – Doisy College
of Health Sciences, St. Louis, MO

**M.S., Nutrition & Dietetics, Emphasis in
Physical Performance, magna cum
laude**

- Thesis: Dietary Acid Load During Weight Loss and Its Effect on Bone Mineral Density Change

**B.S., Nutrition & Dietetics, Certificate
of Business Administration, magna
cum laude**

**Functional & Integrative Medicine
Professional Training, Women's
Integrative Medicine Institute**

**Certified Exercise Physiologist,
American College of Sports Medicine**

**Certified Intuitive Eating Counselor,
Intuitive Eating Pro**

**Certified Lifestyle Medicine Professional,
International Board of Lifestyle Medicine
Certified Exercise Physiologist, American
College of Sports Medicine**

**Natural Cook Training Graduate,
School of Natural Cookery**

**Introduction To Herbalism Graduate,
The Herbal Academy**

NUTRITION & CULINARY EXPERIENCE

- Women's Health Private Practice & Website, plantbasedmavens.com, 2020–Present
- Nutrition Consultant, Full Plate Living, 2021–Present
- Nutrition Consultant, The Plantrician Project, 2014–Present
 - Author, *Plant-based Nutrition Quick-start Guide*
- Director of Nutrition & Healthcare, Lighter, Inc., 2015 – 2020
- Team Lead, PCRM's Kickstart Your Health St. Louis, 2018
- Seven Day Rescue Nutrition Expert, engine2.com, 2017
- Nutrition Expert, Complete Health Improvement Program, 2017
- Personal Chef & Culinary Instructor, private practice, 2013–2015
- Dietitian, McCallum Place Eating Disorder Treatment Center, 2013

SPEAKING

- Lifestyle Medicine Conference, 2022
 - *Women's Health Workshop*
- Plant-based Prevention of Disease, 2022
 - *Plant-Based Mavens Pt 1: Lifestyle Medicine Strategies For Optimizing Fertility*
 - *Plant-Based Mavens Pt 2: Lifestyle Medicine Strategies For Healthy Pregnancy & Beyond*
 - *Physical Activity & Movement*
- Food As Medicine Summit, 2022
- Plant-based Prevention of Disease, 2021
 - *Plant-based Nutrition & Lifestyle Medicine: Special Considerations For Women*
 - *Physical Activity & Body-nurturing Behaviors: Making Them a Joy, Not a Chore*
- Lifestyle Medicine Conference, 2021
 - *When Food Becomes Medicine*

KAYLI ANDERSON



LEADERSHIP

Secretary, ACLM Women's Health
Member Interest Group, 2022-
Present

Chair, ACLM Registered Dietitian
Member Interest Group, 2019-
2022

Sponsorship Chair, Vegetarian
Nutrition Dietetic Practice Group,
2019-2021

HONORS & ACTIVITIES

- American College of Lifestyle
Medicine Member
- Academy of Nutrition and
Dietetics (AND) Member
- AND Vegetarian Nutrition
Dietetic Practice Group
Member
- Beta Gamma Sigma Honors
Society Member
- Delta Sigma Pi - Professional
Fraternity Member
- Registered Dietitian, CDR#:
86008543

ACADEMIC EXPERIENCE

Medical Reviewer, Everyday Health (everydayhealthcom), 2022

Lead Author, *Improving Women's Health Across The Lifespan*,
2021

Lead Faculty, Food as Medicine Course, American College of
Lifestyle Medicine (ACLM), 2020-Present

Subject Matter Expert, Lifestyle Medicine Board Review, ACLM,
2019-Present

Faculty & Expert Reviewer, Lifestyle Medicine Residency
Curriculum, ACLM, 2019-Present

Faculty, Lifestyle Medicine Core Competency Program, ACLM,
2018-Present

Co-Author, *The Lifestyle Medicine Handbook*, 2018

Adjunct Professor, Lindenwood University, St. Charles, MO, 2014-
2015

Research Assistant, CREG Study, Saint Louis University, 2010-
2011

KAYLI ANDERSON

MS RDN DipACLM ACSM-EP



With over a decade of experience in plant-based nutrition, culinary education, and lifestyle medicine, Registered Dietitian Kayli Anderson knows how to help people live a healthier life. She believes a plant-based lifestyle should be simple, pleasurable, and sustainable.

Kayli has worked with folks from all walks of life, but she currently specializes in supporting women on their plant-based journey. She's the founder of the new site Plant-Based Mavens, a hub for women to get evidence-based, practical, and woman-centered guidance on plant-based nutrition and cooking, hormone health, fertility, pregnancy, movement, mental wellbeing, non-toxic living, and more. Join the community at plantbasedmavens.com and follow @plantbasedmavens on Instagram and Facebook.

Kayli is Board Certified in Lifestyle Medicine and serves as Lead Faculty of the American College of Lifestyle Medicine's Food as Medicine Course. She is Chair of ACLM's Registered Dietitian Member Interest Group, and Nutrition Faculty for many of ACLM's other course offerings. She is the author of the Plant-Based Nutrition Quick Start Guide and works with many of the leading organizations in nutrition and lifestyle medicine including Blue Zones, Engine 2, and Full Plate Living to develop nutrition content, recipes, and educational programs. She frequently speaks on the topics of women's health and plant-based nutrition and has co-authored two lifestyle medicine textbooks including the first one on women's health *Improving Women's Health Across the Lifespan*.

Kayli holds a Master's degree in Nutrition and Physical Performance and is certified as an Exercise Physiologist and Intuitive Eating Counselor. She's a student of herbal medicine and women's integrative & functional medicine. She lives in Colorado with her husband where you'll find her out on a trail or in her garden.