

Public health grad takes the guesswork out of meal prepping

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Kayla Harris newwave@tulane.edu



Prepped plates of perfectly portioned chicken pesto pasta with sautéed asparagus are ready for delivery. (Photos from Clean Course Meals Instagram)

Kimisha Sawyers, a 2014 graduate of the Tulane School of Public Health and Tropical Medicine, is making her mark on the New Orleans meal prep industry.

As the owner of [Clean Course Meals](#), Sawyers offers access to wholesome, nourishing meals across New Orleans and surrounding areas with subscription-based online ordering. Free delivery to the customer's home, office, or gym is also available.

"Clean Course Meals started with me trying to find a healthier way to live and to provide financially for my son," said Sawyers. "I would meal prep for the both of us and saw how it started to save us time, money and calories."

"We do the grocery shopping, meal prepping and delivering, but what sets us apart from the rest is that we have a mission to educate."

The menus, made up of fresh ingredients from local farmers markets, are designed to promote healthy living for local residents. In addition to encouraging customers to eat better, Sawyers also owns and operates Commit 2B Fit Nola, through which she encourages residents to couple her meals with physical exercise.

Sawyers said her motivation stems from her personal weight-loss journey; she lost more than 100 pounds. Now she uses her Tulane public health degree to steer others to a healthier lifestyle.

In March, Clean Course Meals won \$100,000 in Startup St. Bernard, a “Shark Tank”-style business-pitch competition held during New Orleans Entrepreneurship Week.

With her winnings, Sawyers forged ahead with plans to open a brick-and-mortar café and fitness studio, which will open its doors this August at 1800 E. Judge Perez in Chalmette, Louisiana.

The café will provide an atmosphere where customers can pick up a quick lunch or choose from a rotating menu of healthy, fresh meals, including vegan options.

“We do the grocery shopping, meal prepping and delivering, but what sets us apart from the rest is that we have a mission to educate,” said Sawyers. “Education is a vital driving force in any community where change is needed.”

For more information, follow @cleancoursemeals on social media.



Tulane graduate Kimisha Sawyers personally plans and cooks the meals for her healthy living initiative, Clean Course Meals.