

## Christophe Berg

French Native, Fluent in English, 50 years old. Denver Tech Center, Colorado.



### Consultant on Wellness Projects | Plant-Based Chef

#### Consulting Studio in Tazacorte, La Palma, from Oct 2013

Projects: Plenti Grocery / EKM6 in BKK Thailand. Blue Lotus Resort in Hua Hin. Creation of the Healthy Plant-Based Recipes for “Because We Care” book. Mindful Eating Program, Plant-Based recipes and Juice Bar Design on Explora Journeys / MSC Cruises. 1-on-1 Executive Coaching Program for Chefs, Solopreneurs. Consulting Chef on Plant-Based Cuisine for Apollo Group (Apollo/Regent Cruises) in Miami. Guest Chef at The Art of Raw in Croatia. Guest Chef on Oceania Cruises + Design Juice/Smoothie Bar on Board of Oceania & Regent Cruises.

#### Director of Education at Blue Lotus in Hua Hin, Thailand, from Feb 2017 to Mar 2020

Mission: Develop, launch Asia’s 1st Learning Center for Plant-Based Cuisine. In charge of the business development and the student enrollment, the communication strategy and online presence, the development of the curriculum and teaching the Pure Energy week, the Business Coaching week and the Chef’s Training as well as hiring and coaching the education team.

#### Chef Consultant at TOM’s Juice Bar in Saint Barth, France, from Sep to Nov 2015

Mission: Develop and launch TOM’s Juice Bar. Consultant for the design, development of the menu and products, the sourcing of the equipment and key ingredients, the training of the team, the organization of the kitchen lab and the store, the setup of the pricing, the food cost analysis.

#### Project Developer at MK Culinary Academy in Evason Hua Hin, from Mar to July 2015

Mission: Open the 1st MK Vegan Cooking School in Thailand. In charge of the coordination of the construction of the school's kitchen and classrooms with local architects, the sourcing of the equipment and the key ingredients, and coordination with the Evason Resort's team.

#### Executive Chef / Kitchen Manager at Yi Athens in Greece, from July to Dec 2014

Mission: Develop and launch the 1st raw vegan restaurant in Greece. In charge of the menu and new products development, the training of the culinary team, the organization of the kitchen, the sourcing of the equipment and the key ingredients, the setup of the pricing, the food cost analysis.

#### Author of 12 Cookbooks at Les Editions La Plage, Paris, since 2010

**Titles: CRU, Secrets d’Endurance, Secrets du Jeûne au Quotidien.** *Previous titles: Raw Cuisine, Endurance Secrets, Green Protein, Energy Bars, Sports Smoothie, Cooking without Salt.*

Plant-Based recipes authoring for the book “Because We Care”, Éditions En Exergue - Paris.

### **Studio owner | Exec Chef of Biophily in Haarlem, Netherlands, from May 2012 to Aug 2013**

Project: Develop, launch a Vegan Cooking Studio offering organic ingredients, niche catering, healthy plant-based cooking workshops and wellness coaching.

### **Founder of Metagama | Project Manager in Paris and Amsterdam, from July 2006 to Dec 2011**

Consultant and Producer on Game Projects. Clients: PHILIPS (SEO project), L3i (IT Department of the University of La Rochelle in France), HKU (Game Development Department of the Utrecht School of Arts in The Netherlands), W!Games, Globz, Parties Prenantes, Betomorrow, UBIKOD, Lagardère Multimédia in Paris. Author and Publisher of Educational Card Games.

### **Game Developer at Upper Deck in Amsterdam, The Netherlands, from Sep 2004 to June 2005**

Trend and Opportunity Studies. Research, Design and Development of Board and Card Games based on Cartoon Licenses (WinX Club, Monster Allergy...) published in Europe.

**Visiting Lecturer in Game Design & Production** in France (Master of Video-Games), The Netherlands (Bachelor in Game Development at the HKU, Utrecht School of Arts) and Singapore (Game Development Diploma for Ngee Ann Polytechnic). Since 2002

### **Founder of the Game Agency Toodoo.net in Paris, La Rochelle, from June 1999 to March 2004**

Technical Director, Web Project Manager, Online Game Designer and Producer. Game Agency. Clients: Lagardère Group, Euro RSCG, KENZO, Packard Bell Europe/NEC, WCube/Framfab, Microsoft Consulting, Kalisto Entertainment, The Link, HR Gardens, Société Générale AM, Régie T, la force magique, WCube/Framfab, Orange Art. Author & Publisher of 6 board and card games.

### **Digital Project Manager for Web Agencies in Paris, France, from Nov 1993 to May 1999**

Companies: FRA-Business Interactif, Altinet, The Net Group, Europa Cinemas, Gibert Joseph.

## **EDUCATION**

**MASTER of Science in Project Management** (option Mathematics & Computer Science) at the University of La Rochelle, France. Years 2004- 2005

**Fundamentals, Advanced & Pro in Raw Cuisine at MK Culinary in Santa Monica, CA in 2013**  
Including Internship at MAKE, MAKE-OUT raw vegan restaurants in June and July 2013

## Who Am I?

I am a Wellness Chef and Independent Consultant specialized in Plant-Based Projects. I help entrepreneurs and chefs to develop their ideas into viable and sustainable projects. I coach small business owners and individuals to dream with a plan and change their game.

I have a Master of Science degree in Project Management and 25 years of experience in project management and agile methods. I recently moved to Denver in Colorado, I now have a permanent residency in the US (green card). Upon requirements, I work remotely or on-site, in English, French or Spanish.

I am a distance runner, who has been eating plant-based for the past 18 years. I am the author of 12 cooking books on plant-based cuisine in France. I write practical articles on various topics like lifestyle design, personal development, project management as well as active living, plant-based cuisine and intermittent fasting. I also hosted the Blue Lotus Café podcast while directing the Blue Lotus Hua Hin learning center for plant-based cuisine.

**Key Areas of interest:** Plant Based Speciality Cuisine - Personal Development - Lifestyle Design - Training & Coaching - Wellness Experiences Development - Content Creation | Online Presence - Plant Strong - Health Span - Active Living & Well Being - Daily Fasting - Trail Running

**About Me:** [kristofberg.com/about-me](http://kristofberg.com/about-me) - **Daily dose of inspiration on IG:** [@kristofberg](https://www.instagram.com/kristofberg)

**Selection of Publications - MEDIUM:** [@kristofberg](https://www.kristofberg.com)

**Mes Livres aux Éditions La Plage:** [laplage.fr](http://laplage.fr)

**Podcasting Experience - The Blue Lotus café**

[Our Experience of Podcasting on a Niche](#)

**The Blue Lotus Café Podcast:** <https://www.kristofberg.com/about-me#listen-to-blue-lotus>

Episodes on Apple Podcast: <https://podcasts.apple.com/podcast/blue-lotus-cafe/id1472671400>

Episodes on Spotify: <https://open.spotify.com/show/00JbaQ9xzHOANyQgkRZZBa>

## **Articles on Plant-Based Cuisine and Lifestyle** [kristofberg.com/plant-based](http://kristofberg.com/plant-based)

[Plant-Based a New Speciality Cuisine](#)

[Mindful Eating Plan made Easy](#)

[The Inconvenient Truth about Time restricted Eating](#)

[Pure & Simple Food, a Manifesto](#)

[Forget Detox](#)

[6-Day Eating x2 a Day Challenge](#)

## **Articles about the Consulting Mission for Apollo Group, Oceania and Regent Cruises**

[Oceania Cruises Serves New Plant-Based Cuisine](#)

[Regent to Roll Out Plant-Based Cuisine Including Impossible Burger](#)

[Oceania Cruises introduces new plant-based cuisine | Tourism News Live](#)

[Regent Seven Seas increases plant-based menu items: Travel Weekly](#)

[Regent Seven Seas Introduces Plant Based Menus](#)

[Plant Based Menu On Oceania](#)

[Cruiseline Launches New Plant-Based Menu](#)

[Oceania Cruises Introduces New Plant-Based Cuisine](#)

[Oceania Cruises offering new plant-based foods](#)

[Oceania Cruises Adds Over 200 Vegan Dishes to Their Menus - The Vegan Herald](#)

[Cruise ships are turning vegan](#)