



“Healthy Meals FROM the Heart that are Good FOR the Heart”

Brittney Tanaka Brown’s recipe for her food and juice service

By Anita Oubre

PHOTO COURTESY OF BRITTNEY BROWN

As a child growing up in the Eastover community of New Orleans East, Brittney Tanaka Brown was a self-proclaimed tomboy who loved to roller skate and ride her bike. But she also loved to play games where she was a chef presiding over her own restaurant. So it comes as no surprise that the child whose prized possession was her easy-bake oven is now running her own home-based business, NeauxLa Meals & Juices.

Brittney takes pride in providing healthy, flavorful, low-carb meals, as well as detox juices. “When I was growing up, I spent a lot of time in the kitchen with my father, James Brown III. I was his official taste tester,” said Brittney.

Brittney also has fond memories of being in the kitchen with her grandmother, Fuki Tanaka-Madison who, Brittney said, “was a wonderful cook. She came here from Japan and married my grandfather who was a country boy.

She cooked many dishes from her homeland but my grandfather taught her how to cook all the wonderful soul food that we are famous for like smothered cabbage and gumbo. She was a great inspiration to me,” Brittney fondly recalled.

Entertaining means having food on hand and that comes natural for Brittney as she grew up in a home where everyone was welcomed. Between Brittney and her brother, the house was filled with tons of friends every weekend. “My parents knew that food made people happy and with a house full of teenagers we were a happy bunch around the table, always surrounded by friends and family,” said Brittney.

Brittney graduated from Xavier University with a degree in business and worked for a Fortune 500 company here in New Orleans. The job was very stressful with multiple meetings daily, as well as taking clients out after hours. This type

of schedule became unhealthy. Eating out constantly and the combined stress resulted in a few unwanted pounds for Brittney.

“I had to find a way to eat healthier so I began to meal prep. The people in the office took note and a business was born from there,” she said.

Her business really took off when the COVID-19 pandemic hit and many food service places were forced to suspend operations or permanently close. Brittney knew that people still had to eat and there were few restaurants that could accommodate them.

“There were people who could not get to the grocery and those who were sick and unable to cook for themselves,” recalled Brittney. She realized her business was one that was needed and was key to people’s lives.

NeauxLa Meals & Juices has something for everyone, from the busy working



mother to patients who have special dietary needs. Brittney takes pride in helping her clients customize their specific meal plans and she enjoys the challenge of meeting special requests. She works with clients post-surgery, as well as clients

with high blood pressure. She is able to plan meals for those who may want to lose or gain weight or simply maintain their present weight. Many of her clients are people in the medical field and Brittney is happy to provide a service for busy professionals who don't have time to cook healthy meals for themselves. Most of her business comes from referrals and word of mouth.

and nutritious, as well as save money from day-to-day expenses of ordering fast food or take-out," said Brittney.

Brittney says that having the convenience of meals already prepared keeps you on track. Instead of hitting the vending machine or ordering fast food, having a healthy, well-balanced meal is important to keep the mind and body functioning through a busy workday. She suggests using a timer that will remind you to stop and eat instead of skipping meals and then overeating to compensate.

With the warmer weather upon us, juicing is popular this time of the year. NeauxLa Meals & Juices offers a detox in the form of a juice that will give the body a good cleansing. Brittney says that her clients use the detoxing juices to help with appetite control and meal replacement as well as for weight loss.

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anywhere from five to ten pounds while juicing,” said Brittney. The juice is so popular that Brittney would like to expand the line in the near future once she is able to secure the manpower to produce in large quantities.

At the moment the operation is a one-woman show. Brittney is a single mother raising her 13-year-old daughter, Madison, who is getting a firsthand look into running a business. Besides her studies, track and dance lessons, Madison enjoys helping with packaging and organizing the meals and getting them ready for delivery.

“I am teaching her responsibility,” Brittney explained. “She is learning valuable skills such as time management. She recognizes that I’m not punching a clock and that we have to keep a tight schedule and make the most of each day.”

When Brittney has some down time, she enjoys giving back to her community. During Hurricane Ida she had evacuated to Atlanta with her family. When she heard about the need back home in New Orleans, she felt compelled to return and do what she knew best: cook and deliver food.

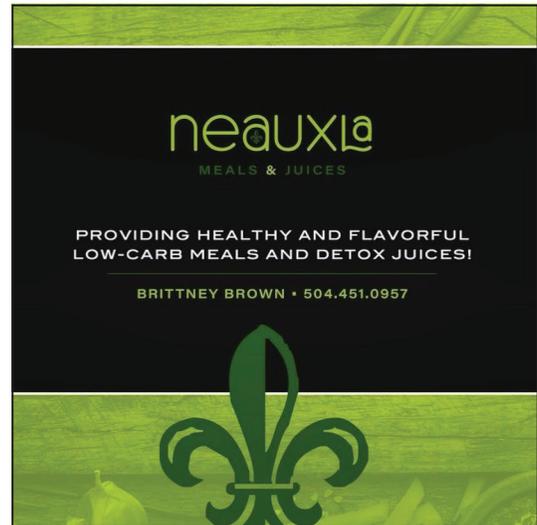
“I set up shop in my sister-in-law’s parents’ home because she had electricity,” Brittney recalled. “I wanted to get food out to my clients and I realized just how big the need was. People were reaching out to me with monetary donations so I was able to purchase food and feed the elderly, those without transportation and just anyone who needed assistance.” Her dedication turned into a mission to get people all over the Metro New Orleans area not only food, but water, ice and much-needed supplies.

Brittney looks forward to a bright future. She is having conversations about partnering with a local organization to expand and is shopping around for the use of a commercial kitchen. She looks forward to someday opening her own little cafe where she can cook what she calls “healthy meals from the heart that are good for the heart.” She would also like to expand her services to ship her meals across the country as food from New Orleans is highly sought-after.

Her “fan favorites” are salmon dip, lamb chops and shrimp and broccoli.

To Brittney food is not only a necessity, it is a way of life. She loves feeding people and she puts her all into her creations. “People from New Orleans know good food, so I have to cook with a little extra love. We come together with food, we celebrate with food. Most people eat to live but here we live to eat.”

To order meals, juices or catering please visit <https://www.healthyneauxla.com/menu> or <https://www.instagram.com/healthyneauxla/>. Pick up or delivery is available at (504) 451-0957.



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