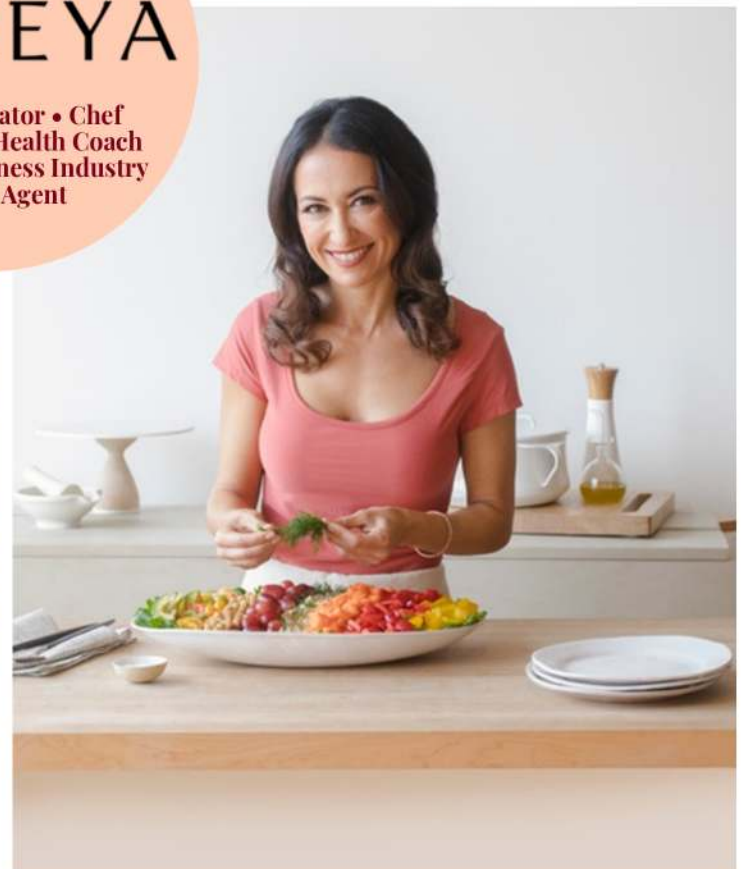
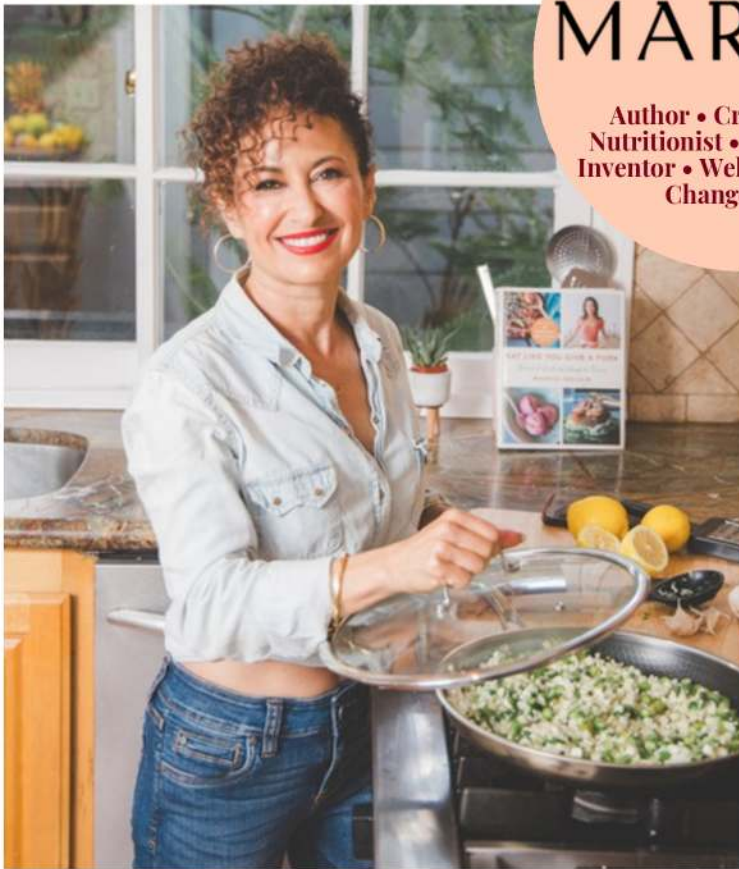




Chef
MAREYA

Author • Creator • Chef
 Nutritionist • Health Coach
 Inventor • Wellness Industry
 Change Agent



As Seen On...



LIVESTRONG.COM



Chef MAREYA



Audience & Followers



35k+ Email Subscribers



175k Followers on Instagram



125k Followers on Facebook

30% male/70% female audience

Affluent/Health Seeking/Culinary and Adventure focused!



Featured Career Highlights

Chef • Author • Media Personality • Wellness Entrepreneur

- Founder of Superfood Sprinkle® — a chef-crafted, nutritionist-minded functional seasoning supporting inflammation, digestion, brain health, and metabolic wellness
- Host of The Real Dish Podcast — 150+ episodes spotlighting food, health, mindset, and midlife reinvention
- Author of Eat Like You Give a Fork — practical, empowering nutrition for real life
- Television Appearances:
 - Next Level Chef (Season 5)
 - Recipe Rehab (3 seasons)
 - Cutthroat Kitchen
- On-air culinary expert with hundreds of live and taped TV segments
- Travel & food columnist for Edible Orange County magazine for 14+ years
- Creator of the FITlife® framework (Fuel • Inspire • Thrive) for midlife vitality
- Global culinary storyteller with features inspired by Egypt, Italy, France, Spain, Costa Rica and beyond
- Speaker & workshop leader focused on women's health, hormones, faith, food, and strength in midlife

Why Brands Work With Me

1. Chef-Cred + Nutrition Authority 30+ years

I bridge flavor and function. Every recipe, product, or campaign is rooted in culinary excellence and science-backed wellness—without sacrificing taste or joy.

2. Midlife Influence with Purchasing Power

I speak directly to women 40+ who are:

- Actively investing in health and longevity
- Navigating hormones, metabolism, and energy shifts
- Seeking trustworthy alternatives to quick fixes and fads

This audience buys, sticks, and shares.

3. Authentic Storytelling That Converts

From on-camera hosting to podcast reads to social content, I don't "sell"—I invite.

My audience trusts me because I share what I actually use, cook, and believe in.

4. Multi-Platform Amplification

- Podcast integrations
- TV & media exposure
- Recipe development & product placement
- Social storytelling & reels
- Live events, demos & experiential activations

You get ecosystem-level visibility, not one-off posts.

5. Professional, Strategic, Easy to Work With

I operate like a partner—not a post-and-ghost influencer:

- Clear deliverables
- On-time execution
- Creative collaboration
- Long-term brand vision

Speaking Experience

BlogHer Food

California School Nutrition Association Conference

Campus Crusade Conference, Panama

Daniel Plan at Saddleback

Evolution Hospitality Conference, Keynote

Fit 4 Mom Annual Conference, Keynote

Floral and Produce Council Event

Florida Restaurant and Lodging Show

California Restaurant Show

THRIVE Summit, Keynote

Healthy Food Expo Emcee FL, LA and NYC

Kid's Food Festival New York City

Sustainable Foods Summit, Keynote

The Daniel Plan, at the Cleveland Clinic

The Fit Expo Emcee, Moderator and Featured Chef

The Fit Foodie race, San Diego main stage

The Green Festival Los Angeles

Western Food Service Expo

Festival de la Gastronomie, St. Martin

Women in Electronics Annual Conference

Featured Testimonials

"Chef Mareya combines healing recipes with great taste." - Dr. Daniel Amen, co-author, The Daniel Plan

"Mareya has played an integral role with the Daniel Plan, serving as one of our Signature Chefs. She is an effective and passionate chef who has inspired our community both here in the US and abroad. She is also a contributor to our NY Times Bestseller, our DVD Education series and live webinars. Her 24 years of experience shine through as she shares her passion, knowledge, and transformational tools for life change." - Dee Eastman, Director, The Daniel Plan

"Mareya and Horizon Organic share the same passion to create better food choices and a healthy foundation for families. Everyone Wins." Sara Loveday, Horizon Organic

"We all know how important nutrition is to optimal performance, and Mareya inspires people to look great, feel great and achieve greatness with her real food strategies. Lewis Howes, NY Times bestselling author, Top 50 Podcast Host, The School of Greatness.

Project Opportunities

1) Social Media Creator

Creative Reels, story and general content creation for your brand and mission that set you apart and go viral.

2) Media Personality

Work with Mareya as a media personality, pitching relevant subjects that position the brand on TV, audio and print.

3) Blog and Story Features

Develop meaningful content for the blog and Edible Orange County that ties into products and services - from sustainability to travel retreats to deep dives into specific subject matter.

4) Podcast Participation

Work with Mareya to participate in podcast interviews as a third-party subject matter expert and unpacking product information.

5) Recipe/ebook development

Work with Mareya to develop a recipe booklet filled with clean ingredients.

6) Video series

Work with Mareya to film recipes created into Segments that can be used for YouTube, socials and the website.

7) Speaking engagement/moderator/presenter

Work with Mareya as a speaker to represent the brand as a speaker/moderator/presenter for live events, including TheFitExpo, corporate and industry events. This also includes live cooking events. Half or Day fee.

Contact: info@chefmareya.com for rates and more information

