

ELIZABETH BROWN



The Kitchen Vixen

Hi, I'm **Elizabeth**.

Elizabeth Brown, MS, RDN, CPT, is a Registered Dietitian Nutritionist, Certified Personal Trainer, Certified Holistic Chef, Weight Management Specialist and Diabetes Educator, who holds both a Bachelor and Master of Science in Nutrition with an emphasis in Sports Nutrition.

Since 1998 she has conducted more than 100 live cooking demos and expert interviews on nationally syndicated networks such as ABC, NBC and CBS. She even appeared as a guest chef on the TBS show Dinner & a Movie. In keeping with her "vixen" name (vixen being the British term for a female fox) Elizabeth conducted several extensive recipe demos on FOX News!



Saving the world - one recipe at a time.



THE AUDIENCE

- **18-55 year old woman** seeking holistic, inclusive health advice that focuses on strengthening her body and mind, as well as improving her physique, in an age-aware way that doesn't rely on comparisons and shaming.

- As an informed audience member, she wants to **balance fitness, health, and everyday life.**

- She's interested in the latest trends in health and lifestyle, and likes to share the **science and practical applications of new ingredients and helpful kitchen gadgets.**

- Seeks out clear, easy-to-understand health content that feels **intimate and judgment-free.**

- Enjoys indulging in the **cheerful side of life.**

- Engagement is not bound to a specific physical location but is targeted toward an **English-speaking, US-based audience.**

SOCIAL MEDIA

@THEKITCHENVIXEN



385



3.2K



391



17.8K

(likes across videos)

www.thekitchenvixen.com



OPPORTUNITIES



- RECIPE COLLABORATIONS

- SPONSORED VIDEOS

- PRODUCT INTEGRATION

AND MORE!

FOR CUSTOMIZED RATES, AND TO
EXPLORE FURTHER PARTNERSHIP
OPTIONS, CONTACT ME!

oxygen & Clean Eating & Magazines

KEY Contributors



ELIZABETH BROWN

While researching the healthiest oils to incorporate into your diet (flip to "Fat-Fighting Oils" on page 104), Elizabeth Brown, MS, RD, CPT, CDE, had the best of both worlds at her fingertips. "Being classically educated as a registered dietitian in western science, I was taught that saturated fats, like those found in tropical oils, are unhealthy. But being trained as a holistic chef based on eastern philosophy, I learned that coconut oil actually has health benefits," says Elizabeth, a weekly newspaper columnist in Santa Monica, California, and soon-to-be cooking-show host.

Fun fact: When it comes to eating for weight training, Elizabeth knows what it takes to build muscle. "I competed as a bodybuilder in college in the late 80s and early 90s when big hair was in," recalls Elizabeth, who continues to exercise daily and lead an active lifestyle. "The first comment people make when they see my competition photos is, 'Wow, look at that hair!'"

glutes special CONTRIBUTOR



ELIZABETH BROWN MS, RD

REGISTERED DIETITIAN Elizabeth Brown followed a career path in nutrition with one goal in mind: "To save the world, one recipe at a time." Twenty-three years later, she is doing just that, like in her butt-blasting guide to farmers' markets "The Best Farm Fresh Fuel" on page 76 of this special issue—a topic that's close to her heart. "In Santa Monica, I shop in one of the most abundant farmers' markets in the country," she says. "I know all of the farmers whose food I buy each week."

While researching the piece, Elizabeth uncovered an interesting fact: **Grass-fed animals instinctively choose to munch the most nutritious blades.** "I wish healthy eating was more intuitive for people as well," she says. What does she reach for at mealtime? Simple, fresh-from-the-market favorites like free-range eggs with spinach or bok choy and brown rice.

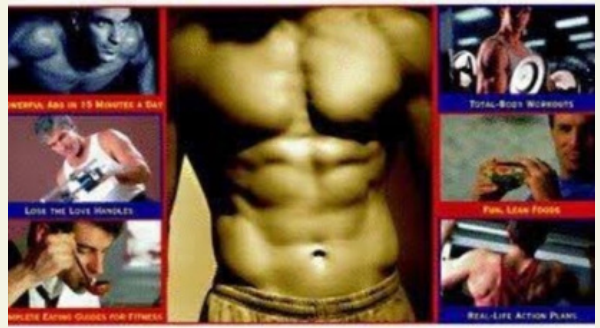


elizabeth brown

RECIPE DEVELOPER/
REGISTERED
DIETITIAN/CERTIFIED
HOLISTIC CHEF, SANTA
MONICA, CA

Registered dietitian Elizabeth Brown says she developed most of her healthy eating habits during her college years while she studied nutrition and competed as a bodybuilder. "As a young athlete, I learned to fuel my body and to have good fuel on hand at all times," she says. For this issue, Brown created four nutrient-packed, thirst-quenching smoothies and juices for "Recharge Your Smoothie" (p. 62).

BANISH



YOUR BELLY

The Ultimate Guide for Achieving a Lean, Strong Body—Now

By KENTON ROBINSON AND THE EDITORS OF **MensHealth** BOOK WITH DRAGOMIR CIOROSLAN, HEAD COACH OF THE U.S. WEIGHTLIFTING FEDERATION AND THE 1996 U.S. OLYMPIC WEIGHTLIFTING TEAM

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aaron sánchez
CHEF AND TELEVISION PERSONALITY
AWARDED BY
Award-winning chef and cookbook author Aaron Sánchez has been a regular face on the Food Network for 10 years, most recently as co-host of *Hotter Sexier Chefs* and *City*. His passion for cooking runs in the family—his mother is Zaida Martinez, the celebrated New York City-based Mexican chef, restaurateur and best-selling author. In "Cooking With" (p. 34), Sánchez offers up a clean version of his mouthwatering beef tacos and speaks to the cultural influences that have inspired to widely admired take on modern Latin cuisine. "I think most people believe a chef's job is to manipulate the ingredients," he says. "But I believe our job is to source the best ingredients, identify the right flavor combinations and let the ingredients speak for themselves."



allison young
WRITER, PHOENIX, AZ
"Superfoods" (p. 94)
writer Allison Young says that while researching this month's featured food, choyas, she was reminded that it can be a good thing to think outside the "food box"—for the benefit of both your health and your taste buds. "We get into eating habits and sometimes forget that there are healthy foods out there beyond the usual suspects," she shares. The mother of two young kids, Young says that a bit of creativity in the kitchen is all you need to create clean, kid-friendly favorites such as pizza on whole-wheat halves or brownies sweetened with honey instead of sugar.



peter agostinelli
WRITER & COMMERCIAL
FOOD CONSULTANT,
PITTSBURGH, PA
In this issue's "Chef's Chef" (p. 81), writer Peter Agostinelli visits Texas to experience the clean tastes of Austin's vibrant culinary scene. Some highlights included his interview with Wink Restaurant's executive chef, Mark Paul, and a memorable trip to an organic urban farm just a few miles outside the city's downtown core. As a regular contributor to *Clean Eating*, Agostinelli says it's been rewarding to learn from the culinary professionals and farmers he writes about. "They're passionate about health, great food and the people who grow it and cook it at home."



jill silverman
HOUGH
AUTHOR & CULINARY
INSTRUCTOR, NAPA, CA
Writer and recipe developer Jill Silverman Hough lends her gastronomic expertise to create a delectable, CF-approved version of pizza Margherita in "Global Gourmet" (p. 85). "I really appreciate the *Clean Eating* column as an opportunity to enjoy other cuisines and revel in their unique flavors, ingredients and traditions," she says. Buying local and seasonal produce is a big part of this avid gardener's clean lifestyle, and after recently reading the book *Fast Food Nation*, Hough has made a commitment to eat only small-farm meat and poultry.



ashley tomner
PHOTOGRAPHER,
TORONTO, ON
"I love the variety that photography brings," says Toronto-based photographer Ashley Tomner. "I meet all sorts of interesting people and every day brings new experiences and challenges." In this issue, Tomner employed rich, fall-inspired colors to create a cozy, inviting atmosphere to complement the hearty dishes seen in "Slow and Low" (p. 86). This cooking and prep enthusiast eats clean by consuming lots of fruits and vegetables, while limiting processed foods. Keep an eye out for more of Tomner's work in the upcoming *The Best of Clean Eating 2* cookbook.



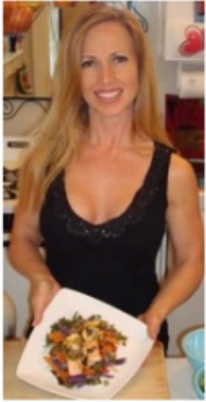
elizabeth brown

REGISTERED DIETITIAN & HOLISTIC CHEF, SANTA MONICA, CA
"I love to write stories that really paint a picture for the readers and inspire them to make optimal food choices," says "Your 14-Day Clean Eating Meal Plan" (p. 75) writer and food blogger Elizabeth Brown. For Brown, clean eating is all about eating the foods that make you feel your best. "It means choosing unprocessed foods you enjoy, foods you can tolerate without sensitivities and foods that give you sustained energy." While she loves to stay active by exercising, she also tries out new activities such as golf and surfing. Brown's preferred escape comes through writing and every day and trying out new activities such as golf and surfing. "These two things can be so rewarding," she says. "I love to write because you have to be still and in your head." "These two things can be very scary for some people, but for me it's like being on vacation." Along with appearances on ABC, CBS and NBC, her work has also been published in *MensHealth*, the *Santa Monica Daily Press* and *Oxygen*.



Questions? Comments?
Want to try my cooking?

Reach out to elizabeth@thekitchenvixen.com



Elizabeth Brown, MS, RD, CPT, CDE
Registered Dietitian
Certified Holistic Chef
Certified Personal Trainer
Certified Diabetes Educator
Certified Weight Management Specialist
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Elizabeth Brown is a Registered Dietitian & Personal Trainer, Certified Holistic Chef, Diabetes Educator and Weight Management Specialist with a personal and career emphasis in Sports Nutrition. Since 1998 she has conducted more than 100 live cooking demos and expert interviews on nationally syndicated stations such as CBS, ABC & NBC. She even appeared as a guest chef on the TBS show *Dinner and a Movie*. Most recently she conducted live cooking demos for Fox News in San Diego. Her Demo Reel & cooking show pilot can be seen on her website along with some of her other educational videos. www.TheKitchenVixen.com

Elizabeth has been a regular contributor to *Oxygen*, a fitness magazine for women as well as their sister publication, *Clean Eating* magazine. She has been creating recipes and writing nutrition related information for these publications since 2010. After her five-year stint with *Oxygen* and *Clean Eating*, Elizabeth was asked to create recipes and menus for actor Sam Huegghan's charitable organization, My Peak Challenge, which has over half a million subscribers worldwide. While in this role for three years, Elizabeth created monthly meal plans for all of the subscribers, using her own recipes and included a vegetarian meal plan, as well as one for meat eaters.

Elizabeth has also been a weekly contributor of recipes and expert advice as "The Kitchen Vixen" for a running website: www.WalkJogRun.com. For four years, she was a weekly contributor as the "*Kitchen Vixen*" for the *Santa Monica Daily Press* newspaper. But as far back as 1997, Elizabeth began her writing career with Rodale Press, publishers of *Men's Health*, *Prevention* and *Runner's World*. Through her Rodale connections, Elizabeth helped write the book, *Banish Your Belly* and was also the featured grocery shopping expert for *Men's Health* magazine. In fact, it was during her stint with *Men's Health* magazine, that Greg Gutfeld, of Fox News, gave Elizabeth her **Kitchen Vixen** name.

Elizabeth has received strong accolades for her writing. An *Oxygen* magazine reader raved about her curry peanut soup for its ease of preparation, hearty flavor, and low cost for minimal calories. But this is nothing new for Elizabeth because she creates all of her hundreds of recipes with these same goals. Another reader felt the need to write in twice to tell the *Oxygen* editorial team how much she "LOVED" the brain food menu and that by following it, she was able to drop the last few pounds she had been trying to lose for several weeks. And one other reader "just had to write" and let the editors know how "fantastic" the Mango Barbeque sauce was. She went on to say that it was "easy to make" and she put it on her veggie burrito, and on her morning egg and bean burrito instead of salsa. She "found it gratifying to know that it's much cheaper, infinitely healthier and even significantly yummier than anything you can find in the store."

Elizabeth has been blessed with a lucrative writing career, whereas most writers seek writing assignments, for Elizabeth, the writing assignments, or at least the editors, find her. She began writing for *Oxygen* magazine when the nutrition editor found Elizabeth's website, liked her writing voice, her nutrient dense

recipes and her flavorful way of educating the public about nutrition, and asked Elizabeth if she would like to write for *Oxygen*. A few years later, another editor found Elizabeth and offered her a book deal to write a diet/cookbook in her own vernacular.

As a featured writer & recipe creator for *Oxygen* and *Clean Eating* magazines, Elizabeth is often asked how she creates her yummy recipes and what inspires her unique writing style. Elizabeth replies, "I love to write stories that really paint a picture for the readers and inspires them to make optimal food choices." She wants people to understand what food does for their bodies and how to choose foods that make them feel their best at all times. Elizabeth teaches her readers and viewers how to plan and prepare delicious and nutritious meals and snacks *throughout* the day and not just for dinner. Using food as fuel has helped Elizabeth pursue her dream to develop and host her own cooking show; a dream she envisioned at the young age of 18 when she began studying for her Bachelor of Science in Nutrition.

Writing for various publications and sharing her knowledge and recipes with hundreds of thousands of people has given Elizabeth the motivation she needs to keep reaching for the stars. But it's her nutrient dense diet that has really given her the energy and the mental fortitude to never give up.

As an avid athlete, Elizabeth exercises daily, enjoying activities such as weight lifting, running, and cycling. Throughout her 30+ year fitness career she has worked as a personal trainer and has competed in body building, powerlifting and marathons. Elizabeth also worked as a fitness model including work with famous fantasy artists Boris Vallejo and Julie Belle. Through this work Elizabeth was immortalized in a bronze statue with The Franklin Mint.

After receiving her Bachelor of Science in Nutrition from Penn State University with a minor in Exercise Physiology, Elizabeth then went on to obtain her Master of Science in Nutrition with an emphasis in Weight Management and Sports Nutrition, from Marywood University. Her graduate research involved the study of *Water in Weight Management*.

Elizabeth received her culinary degree from The Bauman School for Holistic Nutrition in Santa Cruz, California with an emphasis on maximizing the function and application of "whole foods" and their disease fighting properties. Elizabeth has worked as both a personal and private chef for various clients in Northern and Southern California. Peter Koral, owner of **Seven for All Mankind** jeans company, and former client, has this to say, "Elizabeth's food not only tastes wonderful but also makes you feel incredible."

Elizabeth has counseled and trained more than 10,000 clients in her 20 plus year career including political figures, celebrities, professional athletes, physicians, college professors (even her own teachers became clients), and of course thousands of people dealing with issues such as Weight Management, Diabetes, Heart Disease, & Eating Disorders, just to name a few. Throughout her career, and even prior to starting her formal education, Elizabeth developed and taught Weight Management and Diabetes programs for underserved populations. She has also developed and conducted sports specific nutrition programs for high school and college athletes in every sport from gymnastics to ice hockey.

Elizabeth's goal has always been to motivate and educate the public about the health benefits of optimal nutrition and daily physical activity. Whether conducting television interviews, cooking demos, group lectures, one-on-one counseling or training or helping people make ideal choices in the grocery store, she strives to achieve her goal each & every day.



Elizabeth Brown, MS, RD, CPT, CDE

Registered Dietitian
Certified Holistic Chef
Certified Personal Trainer
Certified Diabetes Educator
Certified Weight Management Specialist



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Cell: 310.570.3386

Email: Elizabeth@TheKitchenVixen.com

Website: www.TheKitchenVixen.com

Hair: Blonde **Eyes:** Blue **Height:** 5'5" **Weight:** 120 **Size:** 2

EDUCATION:

3/2005 - 8/2005 *Natural Chef Certification* through the Bauman College for Holistic Nutrition

6/98 - 4/2006 *Master of Science in Nutrition* Marywood University

2006 *ACE Certified Personal Trainer*

2001 *Certificate in Adult Weight Management*

2001 - 2006 *Certified Diabetes Educator*

8/88 - 4/93 *Bachelor of Science in Applied Nutrition* from Pennsylvania State University

MEDIA RESUME:

2015-2019: Dietitian / Recipe Developer / Meal Plan Developer for Sam Hueghan's charitable fund My Peak Challenge for his half a million subscribers. Created monthly meal plans & recipes for over three years.

2008- 2012: Weekly writer for the *Santa Monica Daily Press* under the name "**Kitchen Vixen**"

90 articles which lead to being asked to write for Oxygen & Clean Eating magazines & referenced under the Wikipedia article for Nutritional Yeast

2/2012- 2013 Weekly writer/contributor as "**The Kitchen Vixen**" for www.WalkJogRun.com

4/2010- 2014 **Writer & Recipe developer for *Clean Eating* magazine**

Created four recipes & 14 day meal plans for each of 7 issues: July 2011, October 2011, November/December 2011, January/February 2012, July 2012, October 2012 & March/April 2013. Created four Juice & Smoothie recipes for March 2013. Creating 15 juice recipe along with research & writing to describe ingredient benefits.

2/2010- 2014 **Writer for *Oxygen* fitness magazine**

1. April 2013: "**A Meal of Herbs**" five fresh herb recipes
2. August 2012: "**Salad Dressing Makeover**"
3. June 2012: "**Your One Skillet Meals to Stop Yo-Yo Dieting**" Love to eat clean but hate slaving away in the kitchen? These recipes practically cook themselves.
4. Summer 2012: Oxygen 4 weeks to a bikini body (2 articles): "**Weekday Dinners Made Easy**" Cook once eat 5 meals, save precious time and money with just one chicken
5. Summer 2012: "**Your Get-Lean Secret**" 10 easy recipes to build muscle and burn fat
6. Spring 2012 Abs Issue: "**Abs-olutely Best Swaps**" 4 protein packed dinners you can make in a snap.
7. February 2012: "**Eat up to Trim Down!**" Part two of a three-part "Build Your Best Body" series
8. January 2012: "**10 Pounds Down**" open up a can of fat-burning tuna to melt off stubborn winter flab. Part one a three-part "Build Your Best Body" series.

9. December 2011: **“Feast and Stay Fit”** A full-course dinner menu to wow your guests, keep your body slim, and your wallet fat.
10. November 2011: **“Protein on the Cheap”** Four muscle-building recipes that cost \$3 or less per serving.
11. October 2011: **“Eat Eggs, Get Lean”** 12 easy recipes to build muscle and lose fat.
12. Fall 2011: **“One Chicken, Five Meals”**
13. June 2011: **“Power Couples”** When Eaten together, certain foods deliver more nutritional bang per bite. Here are four dynamic duos you need in your training diet.
14. May 2011: **“One Sauce, Four Lean Dinners”** Get dinner on the table faster with this multi-purpose recipe that will trim your waistline and pad your wallet.
15. April 2011: **“Feed Your Brain”** Get stronger by fueling up with brainpower foods.
16. December 2010: **“Eat. Train. Heal”** Think of food only as fuel? Choose the right anti-inflammatory foods and watch your body get strong—inside and out.
17. November 2010: **“Greens Pack a Punch”** If you’re lacking the zip to get through your active days, or if you want to maximize your health and exercise potential, then energize your life with the surprising power of these everyday greens.
18. September 2010: **“Fat Torching Treats”** for pre-workout, post-workout or just in between meals, here are five protein-packed snacks that are so good, you’ll forget they’re “fitness food.”
19. Summer 2010: **“Seven Days to a Beauty Booty!”** 10 key foods plus a one-week meal eating guide to help you burn fat and muscle on your backside.
20. July 2010: **“Fat-Fighting Oils”** Confused by too many cooking oil choices? Here are four of the very best.
21. August 2010: **“Fat Fighter”** a sweet treat and pre-workout engine-starter all in one.

- **October 2011:** Fox News San Diego two live cooking demos, one on beans and the other on food cravings. Created and demoed 6 recipes for these two segments on the morning news.
- **September 2010:** ABC news Los Angeles, **“Finding fresh ways to pack in more produce”**
- **October 2009:** Michelle (wife of main character) in **“Sins of the Father,”** a short film by Tony Reyes
- **2008-2009:** Weekly contributor on radio talk shows: www.theweekendworkout.com & www.pnshow.com
- **Winter 2008** Cooking show pilot **“Eat2Liv with Elizabeth”**, Host, wrote segments
- **Summer 2007** Education videos: **Protein Shake, Whole Grains, Aphrodisiacs, Omega-3 fats.**
- **Fall 2005- Winter 2006** Conducted weekly cooking segments on **ABC, Las Vegas** (40 segments)
- **Fall 2004 – ABC, San Francisco,** cooking segments and interviews (5 segments)
- **May 2004** **The Wedding Crashers** “wedding guest” appeared in movie trailer
- **March 22, 2004** Guest chef on **TBS show Dinner and a Movie**
- **Fall 2003 – Summer 2004** Weekly cooking segments on **ABC news, Maryland** (50 segments)
- **Spring/Summer 2002: Broadcast Images:**
- **“Perfectly Fit,” “12-minute Workout,” “Not for Men Only,”** and **“The Body Blues.”** Served as a fitness model for these four news stories shot for **“An Ounce of Prevention”** for **Prevention Magazine.**
- **07/02 Medstar Television:** **“Soyfoods: Beyond Tofu,”** interviewed,
- **08/01 Medstar Television:** **“Good Carbs/Bad Carbs,”** interviewed
- **07/01 Medstar Television:** **“Summer Kid’s Meals,”** interviewed
- **05/01 Medstar Television:** **“Portion Sizes,”** interviewed
- **03/01 Medstar Television:** **“Workout Foods,”** interviewed
- **02/01 Medstar Television:** **“Valentine Foods,”** interviewed
- **11/99 Medstar Television:** **“Smart Shopping,”** interviewed
- **02/98 Men’s Health Interview:** **“Mastering the Supermarket”**-finding the most nutritious picks
- **01/98 Medstar Television:** **“Making lower fat, more nutritious choices when Superbowl snacking,”**

Elizabeth A. Brown, MS, RD, CPT

Objective

To utilize my extensive clinical, communication, personal, professional and practical skills & knowledge to help clients optimize their health.

Education

3/2005 – 8/2005 Natural Chef Certification through the Bauman College for Holistic Nutrition in Santa Cruz, CA
6/98 – 4/2006 Masters of Science in Food and Nutrition emphasis in Weight Management & Sports Nutrition
Marywood University, Scranton, PA
2006 & 2021 ACE Certified Personal Trainer
2001 Certificate in Adult Weight Management
2001-2006 Certified Diabetes Educator
7/94-7/95 Approved Pre-Professional Practice Program with the Wood Company, Allentown, PA
8/88 - 4/93 Bachelor of Science in Applied Nutrition from Pennsylvania State University

RELATED EXPERIENCE

12/2015-2/2019 My PEAK Challenge.com

Create meat based and vegetarian recipes and monthly meal plans for those who join this website which is designed to help people reach their goals. The organizer, Sam Heughan, started this program as part of his nonprofit organization to raise money to help people with blood diseases. The website has half a million members.

5/2005– Present The Kitchen Vixen: Private Chef/ Registered Dietitian Services

Design & prepare calorie & portion controlled meals for private clients & small groups. Use only fresh, seasonal, organic ingredients consisting of a variety of vegetables, fruits, whole grains, beans, nuts, seeds & lean free-range, grass fed animal protein & fish. Recipes analyzed to meet client's specific nutrient or dietary needs such as: vegan, vegetarian, Diabetes management, cardiovascular disease, GI disorders, food allergies & sensitivities, and Eating Disorders.

12/2006 – Present Consultant for several Rehab Hospitals, Psych Hospitals and Long Term Care facilities in the greater Los Angeles Area.

Responsibilities include effective verbal and written communication with interdisciplinary team regarding the nutritional needs of each resident; weekly assessments of skin integrity, weights, appetite and intake, abnormal labs and change of conditions. Other expectations include assurance that compliance to all State and Federal regulations is done by following comprehensive food safety and sanitation checks, and the monitoring of proper use of the menus, Policy and Procedure Manuals, the Diet Manual and the Continuous Quality Improvement Processes.

01/1998 – Present Live Cooking Demos on Fox News & ABC affiliates in PA, Maryland, San Francisco, Las Vegas & LA

Weekly cooking demos on the ABC stations from PA to CA, with the intent to educate the public about the benefits of eating local, seasonal & organic whole foods. Have been conducting live local & nationally syndicated cooking demos & interviews across the country for over 16 years. Provide nutrition analysis of all recipes. My goal is, and has always been, to motivate viewers to make ideal food choices based on nutrient density. I also aim to keep recipe cost to a minimum.

2/2010- 2014 Writer for *Oxygen* fitness magazine

Articles include: July 2010: *Fit Gals Oils*, August 2010: **Featured Protein shake recipe**, Summer Special Glutes Issue 2010: "*Seven Days to a Beauty Booty*," including researched focused information, recipes and a one week meal plan, September 2010: "*Fat-torching Treats*," Developed 6 custom protein bars plus concurrent scientific research as to the health benefits of each ingredient. November 2010: "*Greens Pack a Punch*," recipes and informative research article, December 2010: "*Eat, Train, Heal*," Foods, recipes and research to fight inflammation plus an on-line meal plan, April 2011: "*Feed Your Brain*," foods to elevate mood, fight memory loss and increase mental acuity, 4 recipes plus concurrent research and a one week on-line meal plan, June 2011: "*One Sauce: 4 recipes*," homemade barbeque sauce plus 4 recipes using the sauce along with the research about the ingredients, June 2011: "*Dynamic Duos*," foods/nutrients that work better together, June 2011: "*Farmer's Market Finds*," wrote about the bounties at farmer's markets with seasonal ingredients and research, *featured model for the article*. Recently completed: "*Eggs a dozen ways*," "*Meat Patties*," "*Cook once, eat all week*," "*Holiday Meals*," "*Best Body Series January 2012*" 4 Tuna recipes, 1 month meal plan & shopping list & "*Best Body Series February 2012*" 4 chicken recipes, 1 month meal plan & shopping list, Abs issue spring 2012, Bikini issue, 2 articles and 12 recipes, spring 2012, One Skillet Meals, summer 2012, Salad Dressing Makeovers, summer 2012: Featured writer, April 2013: "*A Meal of Herbs*" five fresh herb recipes.

4/2011- 2014 *Writer & Recipe developer for Clean Eating magazine*

Articles include: 14 day meal plans, with recipes & shopping list for the October issue, November issue & the January/February issue, July issue 2012, October issue 2012 & March/April 2013. Created four Juice & Smoothie recipes for March 2013. 15 Juice recipes with research & writing to verify their purported effects, due out January 2015.

3/2008 – 2013 *Newspaper Columnist for the Santa Monica Daily Press*

Write a weekly newspaper column under the name “Kitchen Vixen”, where it is my goal to educate the public by clarifying some confusing area of nutrition while telling a personal anecdote and providing a recipe that is pertinent to the topic. Recipes are analyzed using Food Processor Nutrition Analysis Software. All current and past articles (63 total as of 7/’09) can be found on my website at www.TheKitchenVixen.com.

1/2003 – 6/2011 *Long Term Care & Rehab Hospital Consultant Dietitian*

Consultant Dietitian in Physical Therapy Rehab Hospitals & LTC facilities in Maryland, Northern California, Las Vegas & Southern California. Responsibilities include effective verbal and written communication with interdisciplinary team regarding the nutritional needs of each resident; weekly assessments of skin integrity, weights, appetite and intake, abnormal labs and change of conditions. Other expectations include assurance that compliance to all State and Federal regulations is done by following comprehensive food safety and sanitation checks, and the monitoring of proper use of the menus, Policy and Procedure Manuals, the Diet Manual and the Continuous Quality Improvement Processes.

6/2008 – 12/2008 *The Weekend Workout Radio Show*

I was a “Sideline Reporter” and weekly contributor to this radio show where I gave the “Kitchen Vixen’s Recipe of the Week”. I would analyze each recipe and give a complete nutrient profile to help educate listeners to make better “whole food” choices. During the radio segment I discussed the health benefits of the recipe ingredients as well as quick preparation tips. The radio show was hosted by two researchers from Miami Research Associates and is syndicated to NYC & LA. It was also heard on-line at www.theweekendworkout.com

March 2004 *Dinner & a Movie Celebrity Chef Cook-off*

Entered and won a contest which required submission of an unpublished recipe. The recipe had to somehow coincide with the title of a movie, in a quirky fashion. I had to develop and name my recipe as well as video tape myself preparing it. For this contest, I won an all expense paid trip for two to Las Vegas, for four days and three nights. While in Vegas, we taped a special one hour segment of the show, *Dinner & a Movie*, which aired on Monday, March 22nd at 10:00 PM Eastern time.

01/2004 – 12/2004 *The L.E.O.P.A.R.D. Challenge and The Firefighter Challenge on ESPN*

Served as the Dietitian for both of these venues which are training programs designed to enhance the performance of the men & women in the law enforcement and firefighter professions. I have developed some education material which appears on their prospective web sites as a way to educate these men and women about the significance of nutrition whether on or off the job or while training for these events which air on ESPN. For more information please visit www.FirefighterChallenge.com or www.theleopard.org

01/2004 - 04/2004 *Wor-Wic Community College: Introductory Nutrition*

Adjunct faculty at the community college in Salisbury, Maryland where I taught nutrition to students entering the health care field.

10/2002 – 05/2004 *Achieving Balance: Nutrition Counseling & Personal Training*

Private practice counseling. Contributed nutrition services in kind for *Healthy U Delmarva*: a non-profit organization started by Mitzi Perdue (wife of Frank Perdue, the famous chicken producer). Healthy U was developed as a way to educate the public about the disease prevention benefits of smoking cessation, diet modification, and exercise. Through Healthy U, I provided weekly cooking segments on the local ABC affiliate news station. Coordinated the dates of the interviews, as well as the topics, with the local news anchors. Researched, developed, & analyzed my own recipes. As I prepare each dish live for the TV audience, I would discuss not only the ingredients, but also their associated health benefits. Each recipe or segment was developed with the primary goal being to increase fruits and vegetables in the diet. Developed my own cooking show entitled: *Eating to Live*, which was designed to educate the public about the significance of antioxidants in foods and how to incorporate them into their diets in simple ways. Provided personal training and health-oriented lectures for health club members and non-profit organizations. Offered individual and group counseling services to physician referred clients. Private counseling and group sessions covered topics such as weight control, sports nutrition, diabetes management, HTN, GI disorders, metabolic disorders, and eating disorders. Prepared for each client by evaluating the latest research as it pertained to their specific disease state. Used the Food Processor or Nutritionist V software for three day diet analysis of all clients.

**10/97 – 11/2001 *Lehigh Valley Hospital Full-time outpatient Dietitian –
Certified Diabetes Educator and Weight Management Specialist***

Researched, developed, wrote, and implemented all education material used for an eight week weight management program. Facilitated all weight management classes. Assisted in the research and development of the Diabetes Education Program. Lead the nutrition and exercise component of each class series. Designed Hispanic diabetes education material for the DOME program (Diabetes Outreach

Management Program): a grant funded program organized to reach people with diabetes who are underinsured, uninsured, or who do not speak English. Collected data for outcomes measures for all three programs. In the Weight Management Program, we assessed BMI, Waist to hip ratio, Weight, and Body Fat. In the Diabetes programs we looked at several indicators, such as; medication compliance, Blood glucose testing patterns, HgbA1c, weight, and retention of basic education concepts taught throughout the 5 week program. In the private counseling realm, I instructed individual patients on nutrition related issues such as how to lower cholesterol, reduce blood pressure, control GI related diseases, and manage their weight. Also developed and implemented the protocol used for pre and post gastric bypass surgery nutrition education. Provided expert interviews related to nutrition for local and national news stations, as well as newspapers and magazines. Gave lectures to medical residents and other professional medical staff regarding weight management and diabetes. Mentored students as they fulfilled the outpatient component of the clinical rotations for their dietetic internships. Presented with Dr. James Prochaska as part of a panel of experts who use the Transtheoretical Model in their daily practice. Obtained credentials as a Certified Diabetes Educator (CDE) & as a Certified Weight Management Specialist.

2/98 – 7/02

Allentown Sports Medicine and Human Performance Center

Consulting Dietitian: helped clients and professional athletes who wanted to lose body fat, gain lean body mass or improve athletic performance. Provided group lectures for high school, college, and Olympic athletes, on sports nutrition. Topics included; what to eat for performance, pre and post workout meals and snacks, eating to gain weight, prevention of eating disorders, and hydration. Athletes included Olympic cyclists, wrestlers, runners, swimmers, field hockey players, soccer players, football players, dancers, and gymnasts.

8/95 – 7/02

Image International Modeling Agency - Nutrition Educator

Educated students, either male or female ranging in ages from 12 - 50. Covered calorie and nutrient needs using the food guide pyramid. Taught students to plan their own healthy diets with the appropriate calorie needs for weight management. Discussed meal planning, food sources of vitamins and minerals, supplement appropriateness and fluids. Instructed students on the importance of exercise in health and weight management. Conducted a one hour aerobic and resistance training exercise program. Wrote progress notes on all students sometimes identifying possible eating disorders and referring to counseling through their parents or the agency owners. Followed up ten weeks later for an individual consultation to look at changes or improvements & reinforce positive practices.

8/95 - 4/96 &
8/97 - 10/97

**Lehigh Valley Hospital-Center for Health Promotion and Disease Prevention -
Contracted Dietitian**

Instructed a nine-week weight management series dealing with diet, exercise, and behavior modification. Presented seminars dealing with osteoporosis prevention, stress management, and antioxidants. Conducted supermarket tours for the nutritional management of migraines, osteoporosis prevention, cancer prevention, heart health, and diabetes. Taught a series of three weight management classes covering dieting readiness, exercise, and behavior modification.

2/96 – 10/97

Rodale Press - Researcher for Rodale Books

& 10/97-4/99 as a freelance employee

Served as the expert in nutrition and fitness for the book division. Clarified scientific literature for writers. Helped to interpret studies. Provided statistics, facts, and figures pertinent to a writer's topic. Kept up to date on the latest nutrition and fitness news via the Internet, Medline, and through a reading list of over 20 professional journals and newsletters. Served as an expert reviewer for cookbooks and exercise books in order to check for accuracy or misinformation. Worked with the Olympic weight lifting coach to develop a series of all over body exercises for a book entitled *Banish Your Belly*. Wrote and edited the descriptions for over half of the 200 exercises in the book. Interviewed other experts and wrote several sections of chapters for various Men's Health and Women's Health books. Served as a quoted nutrition expert for several books in a series of women's health books, as well as in *Men's Health Magazine*. Developed and taught a ten week weight management program for employees and spouses covering diet, exercise, behavior modification, and low-fat cooking.

5/94 - 12/96

**The Wood Company - Dietitian and Food Service Manager at
Leader Nursing and Rehabilitation Center**

Dietitian and Food Service Manager in a 160-bed nursing home. As a dietitian, I was responsible for initial clinical assessment, care plans, and monthly follow-up of all patients. Reviewed charts for intake, labs, weights, disease state, and skin integrity. Instructed patients on the nutritional management of disease such as diabetes, renal disease, CAD, diverticular disease and cancer. Worked with other interdisciplinary team members and family members to maintain quality of life for long term care patients. Provided monthly in-services for staff on topics such as the rational and importance of dietary compliance as well as sanitation and food safety. Was responsible for inventory and weekly ordering of food and non-perishables. Planned special events. Other responsibilities included menu planning, food costs, and employee scheduling. Performed employee interviews and evaluations. Contributed articles on nutrition for the nursing home monthly newsletter.

8/94 - 7/95

Approved Pre-professional Practice Program - The Wood Company

Completed supervised practice hours in clinical nutrition, community nutrition, and food service management in order to sit for the registration exam. Spent three days per week for five months at Sacred Heart Hospital in Allentown, where I worked with a preceptor to learn and practice clinical nutrition. Responsibilities included reviewing charts of newly admitted patients to assess nutrition risk.

Looked at diagnosis, lab values, procedures, physician orders, and nursing notes in order to determine a plan of care in regards to nutritional needs. Read journals and wrote weekly abstracts on studies pertinent to each rotation such as diabetes, renal disease, CAD, GI disorders, cancer and geriatrics as well as enteral and parenteral nutrition. Completed one case study per rotation. Presented a lecture to medical residents on identifying and treating patients with eating disorders. During the management rotation responsibilities included dietary compliance of food trays, employee in-services, policies and procedure updates, assuring sanitation, food ordering, and equipment purchasing, planning and designing a kitchen for work flow, and employee scheduling. The community rotation involved working at a WIC clinic. Designed an educational bulletin board for children on the importance of healthy snacking. Also offered nutritional counseling to WIC participants.

12/93 - 4/94

The Wood Company - Assistant Food Service Manager - Allentown College

Acted as a team facilitator to increase productivity and maintain employee morale. Responsible for employee scheduling, maintaining inventory, and ordering food, linens and special event rentals. Conducted a series of three seminars for continuing education students covering nutrition, exercise, and recipe modification. Presented nutrition seminars as part of a series for a women's group.

6/93 - 8/93

**NACUFS - National Association of College and University Food Services
at North Carolina State University (N.C.S.U.)**

Acquired decision making skills through hands on managerial training. Supervised and worked with food service employees. Assisted food service managers with planning special events including selecting menus, costing out food and equipment, ordering food and scheduling staff. Conducted nutrition workshops for students and staff at N.C.S.U. Developed a nutrition education pamphlet for staff and students covering serving sizes, calorie needs and exercise. Established and implemented future workshops for the on staff dietitian.

8/90 - 4/93

**NuPep - Nutrition Peer Education Program at Pennsylvania State University
Peer Educator**

Presented seminars on nutrition facts and misconceptions as well as eating disorders and exercise. Designed and implemented a nutrition education program for pre-schoolers. Gained proficiency in using nutrient analysis software such as Diet Simple and Nutritionists IV. Instructed other students on how to use this software.

Awards / Interests

2020	LA Half Marathon
2018	Santa Monica Half Marathon
2011	Venice Half Marathon
1998	Philadelphia Marathon
1997	Philadelphia Half Marathon
1992	Lion Country Classic Natural Bodybuilding Competition - 2nd place
1991	Lehigh Valley Natural Bodybuilding Competition - 2nd place
1990	Pennsylvania Natural Bodybuilding Championship - 2nd place & best poser
1990	Lehigh Valley Natural Bodybuilding Competition - 3rd place
1987	Power Lifting Competition - Fred's Gym - 2nd place
1987	Pennsylvania State Powerlifting Competition - 2nd place