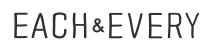


The Top Influencers at Natural Products Expo East 2019

Sponsored by:



New Hope Network™ Influencer Summit

What is an influencer?

Defining influence as a force for good.

Being an "influencer" is not a job title or a career path; it's merely a byproduct of being a powerful voice in your field of expertise and passion. It's the ability to drive action and thoughts. It's not about how many followers you have, nor is it about how many engagements you get on your social media posts. Rather, the way in which you communicate and share ideas with a group of people—and the way that they respond—indicates influence.

At the third annual Influencer Summit at Expo East 2019, 100 top health and wellness influencers will gather to discuss influence as a force for good ... how are we collectively using our platforms to promote more health for more people, in a way that is responsible, inclusive and uplifting?

At New Hope Network, we aim to engage with today's top influencers to help spread the innovation and inspiration that emerges from Natural Products Expo East. Today's influencers are diverse. They are educators, experts in their fields and passionate advocates who bring their own missions and values to life through content creation, daily interactions, digital and in-person coaching and the art of storytelling. They recognize the importance of authentic relationships and the power of fueling a deeper purpose. Each of these influencers is a commanding force on her or his own. Together, we're unstoppable.





Look for these icons next to each influencer's profile. Influencers indicated which of the following categories they identify with the most and advocate for through their platforms.

Change Makers: sustainable environment advocates; fight for healthy food access; organic and clean label activists; less waste and conscious consumerism; policy backers; change and impact through voice

Viva La Vegan: vegan advocates; animal welfare; health through veganism; ethical products for a better planet

Food as Fuel: whole-body wellness; yoga and mindfulness; fitness advocates; Paleo, Whole30 or ketogenic experts; performance through clean eating

Adventure Seekers: travel advocates; try new things; trend seekers; diversity of experience; face your fears

Plant Powered: eat more plants; flexitarian or vegetarian; advocates of more whole foods; eat the rainbow

Real Foodies: advocate wellness through balance; importance of eating a diversity of food groups; promote positive body image and health at every size; down with diet culture or negative food messages; healthy relationship with food; mindfulness

Healthy Families: health starts at home; allergen-friendly products; natural home; clean home and pet care; school nutrition; real-life healthy parenting

Healing with Food: nutrition therapy; wellness and health through special diets; gluten free, FODMAP, PCOS and gut-health experts; condition-specific nutrition; allergies and food safety

Clean Beauty: natural beauty and body experts; holistic lifestyle; wellness from within; forever young; nontoxic living



Joan La, A Cup Joan

Joan is an ethical fashion blogger, content creator and video producer. She advocates for a vegan and eco-friendly lifestyle to inspire others to live consciously aware of animals and the planet. On her blog, A Cup of Joan, she shares her personal style via ethical and sustainable outfits to prove that daily practices do not need to be at the expense of any animal or human. Her main work revolves around conceptualizing and creating digital content, such as producing videos campaigns for brands to promote animal welfare, environmental awareness and human rights.

acupofjoan.com

 **@acupofjoan**



Jennifer Chavarria, Learning From Balance

Jennifer is a junior at Indiana University Bloomington, where she studies media advertising. After years of struggling with mental and eating disorders, and finding healthy personal solutions, Jennifer fell in love with all things health and wellness (and sustainability, too). She created her Instagram @learningfrombalance to inspire others to heal themselves from within and accept themselves for who they are, mistakes and all, while also being conscious of the environment around them.

learningfrombalance.wordpress.com

 **@learningfrombalance**

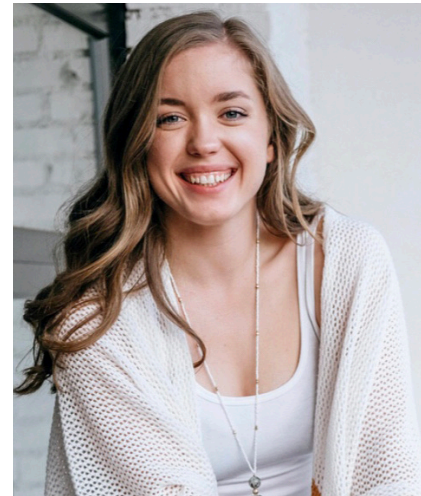


Erin Christ, Body By Breakfast

Erin is in her senior year at UNLV where she's studying nutrition with the plan of eventually becoming a registered dietitian. She has a passion for helping people create happy, sustainable and healthy lifestyles through food and exercise.

bodybybreakfast.org

 **@bodybybreakfast**



Cherlyn Rumsey, Wildly Wholesome

Cherlyn is the creator behind Wildly Wholesome, an online health and wellness community. She believes that everyone deserves to live well, and that begins with what is on your plate. Through her Instagram @wildlywholesome, she shares healthy recipes and wellness inspiration. In her spare time, you can find her playing with her pup, sipping matcha and getting in some mindful movement.

wildlywholesome.com

 **@wildlywholesome**



Ilene Moreno, The Colorful Kitchen

Ilene is a plant-based cookbook author, blogger and food photographer. She believes that food should be "colorful, not complicated." When she's not blogging, you can find Ilene cooking with her two daughters in Maplewood, New Jersey.

thecolorfulkitchen.com

📷 @thecolorfulkitchen



Ari Adams, ShiftCon Media

Ari is an award-winning parenting and lifestyle blogger, author and CEO of the annual ShiftCon Eco-Wellness Influencer Conference for eco-friendly and health-conscious bloggers and social media influencers. She holds a master's degree in marketing and has more than 15 years of experience in the media industry. Ari is the lady behind the lifestyle and parenting blog Love, Peace, & Tiny Feet, where she shares her adventures of balancing parenthood, holistic wellness, DIY crafts, recipes and other tips for parents. She has appeared on the Dr. Oz Show and you can find her writing on The Huffington Post, She Knows Experts Among Us and TODAY Parenting.

lovepeaceandtinyfeet.com

📷 @lovepeacemommy

🐦 @lovepeacemommy



Sarah Herman, Starving to Strong

Sarah is the creator of and face behind Starving to Strong, a blog and wellness website focused on learning to thrive rather than just survive. Her goal is to share and show how to live a full, happy, healthy and satisfying life without rules, restriction or reservations.

starvingtostrong.com

📷 @starving_to_strong



Hannah Bostdorff, Hannah Harvesting Health

Hannah is a recent college grad, identical twin, recipe developer and chocolate fanatic. Her Instagram @hannahharvestinghealth, is aimed toward helping others discover ways they can 'harvest their health' spiritually, physically and mentally. Through creating simple recipes, she shows that eating healthy can be fun without being time consuming! Some of her hobbies include going on long walks, listening to podcasts, baking, spending time with friends and family, and traveling!

hannahharvestinghealth.com

📷 @hannahharvestinghealth

f /hannahharvestinghealth

p /hannahharvestinghealth



Chen Kirshenbaum, Chen's Plate

Chen recently moved to New York to pursue her passions for health and wellness. She created her blog to share how she has holistically healed from Crohn's disease. She loves making easy and clean recipes and sharing her love for all things baking with people who are struggling with the same issues as her. Chen finds joy in knowing that even helping one person find food they love that makes them feel good inside and out is a win!

chensplate.com

📷 @chens_plate



Ashley Walterhouse, Fit Mitten Kitchen

Ashley's brand, Fit Mitten Kitchen, focuses on providing healthier alternatives to traditional recipes; cleaner baked goods, easy snacks and real-food meals. Through her own journey of adapting a more healthy lifestyle, Ashley approaches the content on Fit Mitten Kitchen from an approachable, uncomplicated and judgment-free perspective to help readers realize they can enjoy food without feeling restricted or confined.

fitmittenkitchen.com

📷 @fitmittenkitchen

f /fitmittenkitchen

p /fitmittenkitch



Rachel Mansfield, rachlmansfield

Rachel loves to cook, eat and talk about all things food, wellness and entrepreneurship. Everything about the food and wellness industry entices her. She has a passion to create delicious and easy recipes that are made with just the good stuff: wholesome and simple ingredients that anyone can enjoy. Her recipes have minimal prep work and ingredients, and they're designed for cooks, non-cooks and anyone who craves something delicious. Rachel does not believe in sacrificing flavor for health and wants everyone to have their gluten-free chocolate cake and eat it too. Rachel is a sucker for a good piece of her Paleo Chocolate Chip Banana Bread and can likely be working on her cookbook, Just the Good Stuff (coming Spring 2020) or found strolling around Hoboken with her husband Jordan and son Ezra.

rachlmansfield.com

@rachlmansfield



Sarah Ricci, Cooking with Riccis

Sarah is a working mama with two kids, and she writes the Connecticut family-based food and lifestyle blog Cooking with Riccis. Her mission is to teach our kids about food, where it comes from and the process it takes to end up on our plates. By sharing her family adventures of living in Connecticut plus the creation of food, Sarah exposes her readers to the products she trusts and believe in. She aims to inspire others to cook creative dishes in their own kitchens, while also adopting a more mindful approach to the products they purchase.

cookingwithriccis.com




@cookingwithriccis



Tiffany Stuart, It's Me, Lady G

Tiffany "It's Me, Lady G" Stuart, is a mom of two; a veggie-loving, internationally published blogger; certified Integrative Health Coach; recipe developer; brand consultant; contributing writer; YouTuber; public speaker and clean living advocate.

itsmeladyg.com



 @itsmeladyg
 @itsmeladygny
 /itsmeladyg



Colleen Wachob, mindbodygreen

Colleen is co-founder and co-CEO at mindbodygreen.com. She graduated from Stanford University with degrees in international relations and Spanish, and spent 10 years working at Fortune 500 companies, including Gap, Walmart and Amazon. Colleen lives in Brooklyn, New York, with her husband, mbg co-founder and co-CEO Jason Wachob and her two daughters, Grace and Ellie.

mindbodygreen.com

 @colleenwachob
 @colleenwachob



Elise Museles, Elise Museles

Elise is the creator of Food Story and the wildly popular blog Kale & Chocolate (now elisemuseles.com). As a certified eating psychology and health coach, she is also an author, speaker, teacher, food photographer and host of the podcast, Once Upon a Food Story. Elise is the recipient of a grant at the National Institutes of Health and serves on the Board of Directors of Environmental Working Group. She is on a mission to help people create a healthier (and happier!) relationship with food and their bodies by changing what's on their plate and what's in their minds. Elise is the author of the best selling book, Whole Food Energy, and shares daily inspiration (and mouthwatering photos!) on her website and Instagram.

elisemuseles.com

@kaleandchocolate
 /kaleandchocolate
 @kalechocolate



Chrissa Benson, Physical Kitchness

Chrissa is the influencer and content creator at Physical Kitchness, a one-stop shop for easy, paleo-based meals, meal prep tips and home workouts for busy women. Chrissa's work has been featured in Self Magazine, Parents Magazine, TODAY Food Club, Paleo Magazine and Women's Health. She is also a barre instructor and coaches women to achieve their health and wellness goals through her membership site, Club Kitchness.

physickitchness.com

@physickitchness
 /physickitchness
 @physkitch
 /physkitch



Aaronica Cole, The Crunchy Mommy

Aaronica is the mom behind The Crunchy Mommy: the practically green guide for on-the-go-moms. She's a mom of three kids, ages 2 to 9 and married to the love of her life. In her spare time, she enjoys walking the coffee aisles at farmers markets.

thecrunchymommy.com

- 📷 @thecrunchymommy
- 📺 /thecrunchymommy1
- 🐦 @thecrunchymommy
- 📌 /crunchy_mommy
- 📺 /thecrunchymommy



Molly Hill, Maison Pur

Molly is a wellness advocate, clean beauty expert and believer that our everyday products shouldn't be posing a risk to our health. For more than five years, her blog, Maison Pur, has served as a resource for people looking to find the best natural products for their families. Molly has worked with many of the leading brand names in clean beauty and natural home products, and is honored to serve as an ambassador for several of them. Her true passion is encouraging her readers to be their own advocates, read product labels and vote (with their dollars) for safer products!

maisonpur.com

- 📷 @maisonpur
- 🐦 @maisonpur



Erin Morrissey, Erin Lives Whole

Erin is the creator behind Erin Lives Whole, a food blog and Instagram account with delicious and easy healthy recipes that leave her readers feeling good while still enjoying what they're eating! Erin posts recipes that appeal to a variety of diets, or even if someone is just looking to try to bake or cook a little bit healthier.

erinliveswhole.com

📷 @erinliveswhole

f /erinliveswhole

▶ Erin Lives Whole



Elaine Gordon, Eating by Elaine

Eating by Elaine is dedicated to healthy, family-friendly, vegan and allergy-friendly recipes. After growing up in a family full of food allergies and after years of struggling with food allergies and food sensitivities herself, Elaine learned to cook healthy meals that can accommodate everyone. She has a master's degree in public health and is a master certified health education specialist through the National Commission for Health Education Credentialing. Elaine's recipes and content have been featured in The Washington Post, BuzzFeed, InStyle magazine and Oprah.com. Elaine has three kids, one of whom has tree nut allergies. She loves to involve her kids in the cooking process to help them learn important skills and to entice them to eat the food they have worked so hard to prepare. Cooking with kids is possible (and really fun and rewarding). Now that she's a mom, Elaine finds healthy cooking is even more important than it ever was.

eatingbyelaine.com

📷 @eatingbyelaine

f /eatingbyelaine

🐦 @eatingbyelaine

📌 /eatingbyelaine



Elizabeth Falcigno, The Clean Eating Couple

Liz is a recipe developer, food photographer and founder of The Clean Eating Couple, a website all about health and wellness. She shares simple, easy to follow, healthy recipes each week with her audience of more than 350K+ people. Many of her recipes are Paleo and Whole30 friendly.

thecleaneatingcouple.com

📷 @thecleaneatingcouple

📺 /thecleaneatingcouple

🐦 @ce_couple

📌 /ce_couple



Cameron Rogers, Freckled Foodie

As a certified health coach, Cameron's on a steadfast mission to make healthy living approachable. She's been named one of Forbes' top five entrepreneurs changing the New York wellness scene and has worked with notable brands to develop transformative content stemming from her professional expertise, coached dozens of individuals to achieve a more healthy and balanced lifestyle, and developed her personality as a podcast host on Freckled Foodie & Friends.

freckledfoodie.com

📷 @freckledfoodie

📺 /freckledfoodie

▶ Cameron Rogers

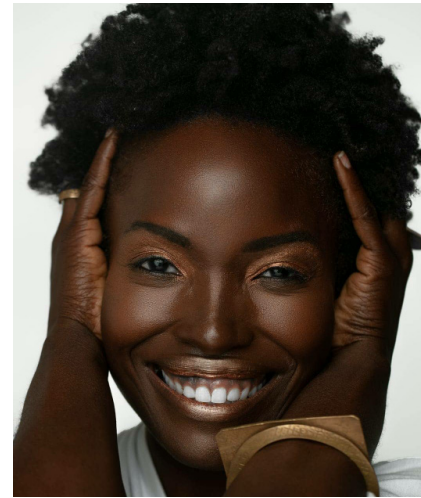


Leah Goldglantz, Leah's Plate

Leah is the founder of Leah's Plate, a blog and Instagram account that focuses on making living a healthy lifestyle simple and delicious. As a busy mother of two living in South Florida with her husband, Leah finds creative ways to make eating, moving and living a nontoxic lifestyle easier—and a whole lot of fun. In addition to the mouthwatering healthy meals she creates, Leah's non-judgmental approach to motherhood and toddler-focused recipes give her a unique edge that's appealing to food and lifestyle brands.

leahsplate.com

📷 @leahsplate



Nzingah Oniwosan, Yes Baby I Like It Raw

Nzingah is a Haitian-American holistic health consultant, plant-based chef, yoga teacher, award-winning blogger and motivational speaker who helps people as an inspirational teacher. She started Yes Baby I Like It Raw to teach and inspire people to embark on a holistic lifestyle. This project is close to her heart because of her own journey. Through a radical lifestyle change she was able to heal herself of the symptoms brought on by having a benign brain tumor, autoimmune disorder called scleroderma, and polycystic ovary syndrome. She has been featured in Essence Magazine, Mantra Magazine, Heart Soul Magazine, Veg News, and Art & Culture Magazine.

yesbabyilikeitraw.com

📷 @yesbabyilikeitraw

f /yesbabyilikeitraw

🐦 @yesbabyilikeitraw

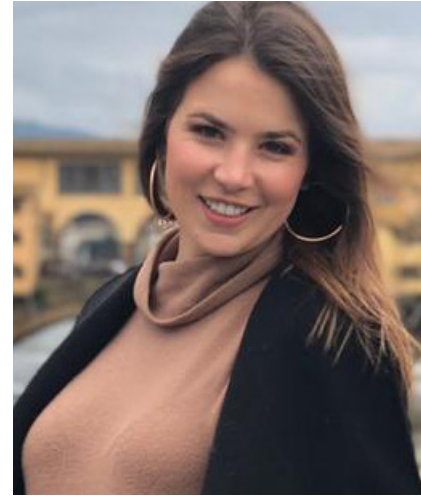


Shannon Mahoney, Fit Strong Shann

Shannon is a passionate food, concert and happiness Instagram influencer. With a focus on living life to the fullest and healthiest, her platform emphasizes easy, quick meals, traveling for concerts and events, and lots of oatmeal.

@fitstrongshann

 @fitstrongshann



Ana Santa, Ana Santa Fitness & Lifestyle

Ana is a fitness nutrition specialist certified in child nutrition who focuses on conscious cooking. Her Instagram @anasanta24 is dedicated to spreading inspiration on how to lead a healthy lifestyle. Ana believes living a healthy lifestyle is about being real. She shares a conscious guide on how to establish realistic health goals, and adopt healthy habits and changes that are sustainable.

@anasanta24

 @anasanta24

 Ana Santa Fitness



E Johnson & Roe Cummings, Brown Kids

Roe Cummings and E Johnson (Roe + E) are Instagram darlings and creators of the Jar Method, the foolproof way to keep fresh vegetables for weeks, not days. Roe and E live simply, and they're all about getting free! Together, they live in a teeny, tiny Baltimore apartment and chronicle their journey toward liberation on their Instagram account @brownkids where they share their perspective on achieving debt freedom, emboldening communities of color, ending generational trauma and thriving in a truly tiny space.

@brownkids

📷 @brownkids



Carolina King, Mama Instincts

Founder of Mama Instincts and The Mama Instincts Podcast, Carolina is a television contributor, writer and speaker on a mission to help moms raise happy, healthy and mindful children by sharing positive parenting advice, green and wellness living tips, and helping moms realize that they're not alone on their journey. She believes every mom should raise her kids by listening to her Mama Instincts—a motto she lives by.

mamainstincts.com

📷 @mamainstincts

f /mamainstincts

🐦 @mamainstincts



Tomika Bryant, Life in Pumps

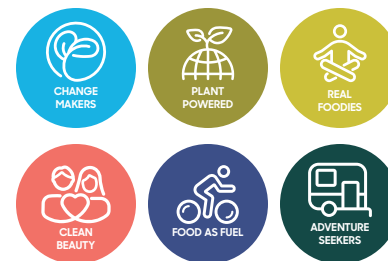
Tomika knows the importance of finding calm in the chaos of life. This biochemist-turned-sports mom helps others navigate parenthood, staying relevant and stylish through her popular blog Life in Pumps. Dubbed as the organic stylist, she leverages her experience with breast cancer to help others. Tomika's clean journey completely altered her choices as a consumer after learning all she could about clean ingredients and their impact on the body and the environment. She became conscious of the products used to clean her home, the candles she burned, what her family put on their skin, and, of course, what they put in their bodies.

lifeinpumps.com

📷 @tomikatalks

📺 /lifeinpumps

🐦 @lifeinpumps



Phillippe Sobon, Polish Phil Cooks

Phillippe is a self-taught chef living in Chicago and a Paleo and organic advocate who likes to incorporate a healthy twist in dishes. His specialty is showcasing how to limit food waste, utilize more fruits and vegetables and create meals from pantry staples. Phillippe has been a finalist on Masterchef Season 5, was a contestant on Food Network's Cooks vs. Cons Season 2, appeared on LIVE with Kelly & Ryan, ABC, USA Today, WGN, was a finalist for World Food Championships 2017, an HMS Host 2017 finalist and has worked with Fabio Viviani and Graham Elliot. Has also cooked for Scott Conant, Geoffrey Zakarian and Lorena Garcia.

foodclubthyme.com

📷 @polishphilcooks



Trudy & Jet Geneus, The Geneus Life

The Geneus Life is a down-to-earth couple who shares plant-based and, often, Ayurvedic-inspired recipes, wellness tips and herbal recommendations for living healthier and more sustainable lives. Their vegan journey began after both Trudy and Jet struggled with health problems in their early 20s and turning to plant-based eating to heal naturally. Their audience has grown to love them for their exceptional camera quality and editing techniques, as well as their unique tips for making a vegan lifestyle practical and affordable.

thegeneuslife.com

📷 @thegeneuslife

📺 the GeneusLife



Amanda Paa, Heartbeet Kitchen

Amanda is the creative photographer, writer, and stylist behind Heartbeet Kitchen, which she began in 2011. Her content is a reflection of her love for food stories, a healthy home lifestyle and inspiring others to cook for themselves (and others) more often. She specializes in all things real food, including recipe development and photography that brings the subject to life, in a genuine way.

heartbeetkitchen.com

📷 @heartbeetkitchen

f /heartbeetkitchen

🐦 @amanda_paa

📌 /amandapaa



Yoli Ouyi, Yoli's Green Living

Yoli is a driving force in the global sustainability and wellness movement. Yoli's interest began with her desire to improve her personal health and culminated in becoming certified in plant-based nutrition. She developed her brand as a digital creative and chef, launching YolisGreenLiving.com, an eco-lifestyle portal dedicated to providing engaged consumers with market insights. Soon after, Yoli was nationally recognized as the Queen of Green by Black Enterprise Magazine. Proven to be a trusted voice in leading the sustainability choices of conscious consumers, Yoli is launching Next in Wellness, a business that promotes wellness across the globe.

yolisgreenliving.com

📷 @yoliouiya

📘 /yolisgreenliving

🐦 @yolisgreenliving

📌 /yolisgreenliving



Abigail Harris, The Running Carrot

Abigail always keeps it real. On her blog and social media, she shares many gut-friendly, low FODMAP and low-histamine recipes. As a fellow leaky gut sufferer, she knows transforming your diet can be a difficult adjustment, but it is her hope to offer comfort and excitement to those embarking on their healing journeys. Her sickness has brought her into a new light and she will be forever grateful for that.

therunningcarrot.net

📷 @therunningcarrot

📌 /therunningcarrot



Brittany Mullins, Eating Bird Food

Brittany is a health coach, certified personal trainer and the woman behind Eating Bird Food, a wellness platform where she shares recipes, workouts, wellness articles and travel adventures. Brittany focuses on living a balanced life by choosing healthy habits over dieting. Rather than promoting a specific diet, she strives to show a balanced approach to health with real-food, plant-focused meals that are not only nutritious, but also delicious and satisfying.

eatingbirdfood.com

📷 @eatingbirdfood

f /eatingbirdfood

🐦 @eatingbirdfood

p /eatingbirdfood

▶ Brittany Mullins



Max Goldberg, Organic Insider

Called "an organic sensation" by The New York Times and named "one of the nation's leading organic food experts" by Shape, Max is the founder of Organic Insider, a weekly newsletter read by many of the most influential CEOs in the industry today.

organicinsider.com

📷 @livingmaxwell

🐦 @livingmaxwell

in Organic Food Industry group



Alexandra Ashback, Veggin In The City

Alex is a health and wellness influencer based in New York City and the content creator behind @veggininthecity. Alex loves creating delicious and healthy meals and sharing them with her community. Veggininthecity was created to help inspire individuals to live a healthy and happy life. Alex loves practicing yoga and spending time in her local community in Long Island City.

veggininthecity.com

📷 @veggininthecity

f /veggininthecity

🐦 @veggininthecity



Edie Horstman, Wellness with Edie

Edie is a certified integrative nutrition health coach, wellness blogger, freelance writer and consultant. She works with health-focused brands, co-creating content in the digital marketing space. Edie is passionate about eating seasonally, simply and sustainably. She has hosted body positivity and fertility workshops to support and inspire women. Edie advocates for practical wellness and hormone health. When she's not at her desk, you can find her at the farmers' market, mindfully moving her body or creating something delicious in the kitchen. She lives with her husband in Colorado.

wellnesswithedie.com

📷 @wellnesswithedie



Gabrielle St. Claire, Eat Drink Shrink

Gabrielle is the founder and creator behind Eat Drink Shrink. She holds a bachelor's and a master's degree in clinical nutrition, is a plant-based nutritionist, chef, mom and future cookbook author. Since the inception of Eat Drink Shrink, Gabrielle has produced more than 500 plant-based recipes and works with companies to curate approachable, nutrient-dense concepts to keep you thriving. She shares a passion for wellness and intuitive eating, and loves inspiring others to rebel against the dominant food culture.

eatdrinkshrink.com

- 📷 eat.drink.shrink
- 📘 /eatdrinkshrink
- 🐦 @eatdrinkshrink1
- 📌 /eatdrinkshrink
- 🎥 Gabrielle St Claire



Jules Shepard, gfJules

Jules has authored three award-winning books about the gluten-free lifestyle, including *The First Year: Celiac Disease* and *Living Gluten Free*. Jules also pens the #1 voted gluten free blog gfJules.com, travels the country to speak and teach, and records frequent cooking videos to supplement the more than 450 gluten-free recipes on her site. Since 2014, she has also run her own manufacturing company with a mission to produce compromise-free, premium gluten-free baking mixes and flour.

gfJules.com

- 📷 @gfJules
- 📘 /gfJules
- 🐦 @thegfJules
- 📌 /gfJules
- 🎥 Jules Shepard



Elizabeth Thomson, I Heart Vegetables

Liz is a cookbook author, food blogger, health coach and personal trainer. She loves sharing easy recipes and simple tips to help people live a healthier, happier life. As a lifelong vegetarian, she is an expert at creating quick and easy meatless meals with minimal ingredients. Both vegetarians and meat-eaters enjoy her fresh and straightforward approach to recipes. Her book, *The Truly Healthy Vegetarian Cookbook*, has helped thousands of people learn how to prepare meatless meals that are delicious and satisfying.

iheartvegetables.com

- 📷 @iheartveggies
- 📘 /iheartvegetables
- 🐦 @iheartveggies
- 📌 /elizparent



Rachel Sarnoff, Lincoln Sarnoff Consulting

Rachel has 20+ years of experience developing strategies for mission-driven brands and organizations. She was executive director of ocean conservation non-profit the 5 Gyres Institute and Healthy Child Healthy World, which became a program of the Environmental Working Group. A thought leader and former journalist, Rachel promoted sustainability on the TODAY Show and CNN, among others. Her recent talks include "Can One Straw Change The World?" (TEDxSantaBarbara, 2017) and "Fashion's Role in Solving Plastic Pollution" (VOICES United Kingdom, 2018). Rachel lives with her family in LA.

lincolnsarnoff.com and **mommygreenest.com**

- 📷 @rachellincolnsarnoff
- 📘 /RachelLincolnSarnoff
- 🐦 @rachellsarnoff



Andrea Donsky, Naturally Savvy

Andrea is a pioneer and visionary in the natural health industry. She has combined her expertise as an entrepreneur and nutritionist to educate the public on living a naturally healthy lifestyle. Andrea inspires people to make healthier choices through her businesses, media appearances, podcasts, books, articles, videos and speaking engagements. Andrea founded naturallysavvy.com in 2007, to help people make healthier choices. She has appeared regularly on Breakfast Television Toronto and Montreal, and Cityline. She also co-hosts a weekly podcast called Naturally Savvy. Andrea was named one of Canada's Top 100 Health Influencers in 2018 and 2019, was awarded the Lifetime Achievement Award for her work as a Nutritionist by CSNNAA, and was honored with the first-ever Shifter of the Year Award. Andrea is the proud mother of three children who love to eat seaweed.

naturallysavvy.com

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 Naturally Savvy



Katherine Brooking, Appetite for Health

Katherine has a master's degree in science and is a nationally recognized registered dietitian, speaker, author, influencer and nutrition advocate, who is passionate about helping people achieve healthier lives and supporting sustainable food systems. Katherine is a go-to resource for the media. Her expert nutrition advice has appeared in hundreds of media outlets, including Prevention, Cooking Light, SELF, Reader's Digest, Huffington Post, Woman's Day and other top-tier publications. She is a sought-after TV personality, appearing on the TODAY show, The Early Show on CBS, The Dr. Oz Show, Good Morning America Health and dozens of local affiliate stations across the country.

appforhealth.com


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 /appforhealth



K80 (Katie) Jones, Food Heroes


K80 is an innovator and food geek with more than a decade of experience in the food industry. She created new product categories while working as a food technologist in the organic and natural food industry. K80's concern for the future of food led to the creation of the Food Heroes Podcast. After watching so many depressing food documentaries, K80 wanted to make food fun again. She searched far and wide in a quest to meet people changing the world with food as their superpower. You'll hear first-hand stories from Food Heroes on topics like fair-trade food, regenerative farming, turning waste into edible upcycling, and so much more. The conversation is upbeat and friendly. Each episode serves up actionable steps, giving you the power to become your own food hero.

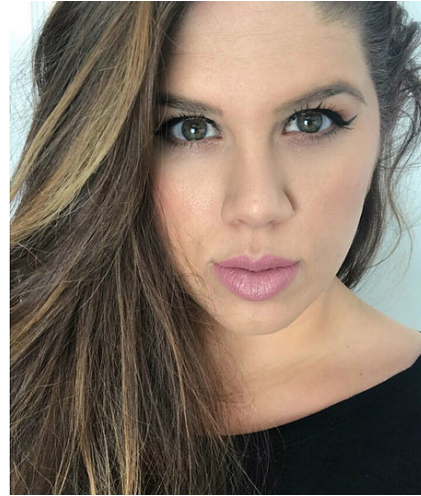
foodheroespodcast.com

 **@foodheroespodcast**

 **/foodheroespod**

 **@foodheroespod**

 **@k80jones**



Krysten Dornik, Krysten's Kitchen

Krysten is an award-winning blogger and content creator in the health and wellness space. She believes in eating real food that is organic, healthy and satisfying. She launched Krysten's Kitchen with the mission to share her years of research on healthy alternatives to everyday foods that those with food allergies, intolerances and special dietary restrictions can no longer eat, as well as find and try all the new products on the market so that she can share them with her audience. Krysten recently went with the Organic Trade Association to Capitol Hill to lobby for the organic food industry and just released her new cookbook, *Eat Real Food*, which focuses on clean eating and inspiring others to create magic in the kitchen.

krystenskitchen.com

 **@krystenskitchen**

 **/krystenskitchen**

 **@krystenskitchen**

 **/krystenskitchen**

 **Krysten's Kitchen**



Megan Oliver, Crunchy Vegan Gal

Megan, aka the Crunchy Vegan Gal, is a tree-hugging city gal with an intense adoration for a misunderstood city. As a Baltimorean through and through, she lives to capture the untold stories of an urban landscape on the cusp of great change. Her fierce dedication to social justice, animal welfare and ecological sustainability have led her down a now seven-teen-year path of vegetarianism and veganism. She is the creative force behind Crunchy Vegan, where she invites all to join her community, to stand alongside her in advocating for a more just and ethical society, and to make our world a better, more peaceful place.

crunchy-vegan.com

📷 @crunchyvegangel

f /crunchyvegan

🐦 @crunchyvegangel



Jess Baumgardner, The GOOD Fest

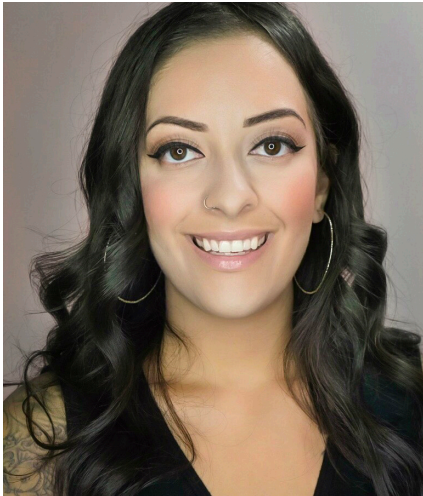
Jess is a pregnancy and motherhood mentor, positivity ambassador and mother of three. After a decade in marketing, she left her well-paid career and found her true calling in leading the way to a balanced psyche and healthier body. A creative wizard of real and educational moments, she connects with women and guides them through the wonders and struggles of motherhood. Her training is centered in coaching, nutrition, hormones and energy work and, truly, real talk-real life. When she's not working, you can find her on coffee dates, snuggling with her kids, planning the next @thegoodfest and enjoying sour gummies.

jessbaumgardner.com, thegoodfest.com

📷 @jessbaumgardner @thegoodfest

f /meetjessbaumgardner

📷 /meetjessbaumgardner

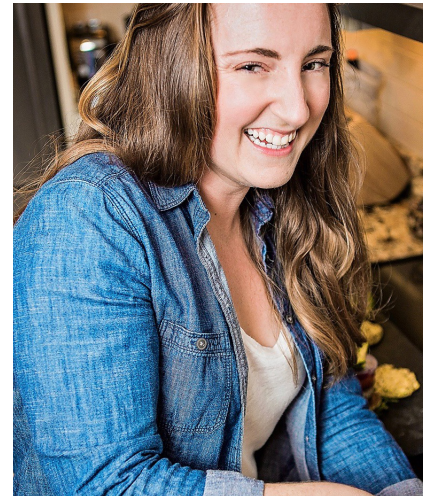


Chantel Rodríguez, Choose Love Blog

Chantel is a Latina wellness content creator, blogger and artist. She is a dedicated advocate for healthy, plant-based living who aims to inspire others to live a more mindful life. Chantel specializes in video production, recipe development and clean beauty looks.

chooseloveblog.com

@chooseloveart
 /chooseloveblog
 @chooseloveart



Dana Monsees, Real Food with Dana

Dana is a certified nutrition specialist, licensed dietitian-nutritionist and body image coach aimed at teaching women how to heal their relationship with food and their bodies, and break the diet cycle for good. She is the creator of the healthy living blog Real Food with Dana, and the host of the popular Real Talk with Dana podcast, where she and her guests discuss all things nutrition, health, fitness and mindset ... with a healthy side of sarcasm.

realfoodwithdana.com

@realfoodwithdana
 @realfoodwithdana
 Real Talk with Dana podcast on iTunes



Julia Callow, Ginga Julia

Julia is a CSCS-certified strength and conditioning specialist and personal trainer inspiring the world to move more, stress less, and improve their nutrition and hydration.

@gingajulia

 **@gingajulia**

 **/thejuliacallow**



Lisa Fennessy, This Organic Girl

Lisa's brand, This Organic Girl, highlights the beauty of mindful living with an emphasis on conscious consumerism. For Lisa, it's about choosing organic skincare and makeup, ethically made clothing and eating clean. By simply choosing, we can make a positive impact on our health and the health of the planet. This Organic Girl is a brand ambassador for top green beauty brands like Beauty Heroes, True Botanicals, The Clean Beauty Box and with mentions in Well + Good, Indie Beauty Expo, WELL Insiders, Beauty Independent and Voyage ATL.

thisorganicgirl.com

 **@thisorganicgirl**

 **/thisorganicgirl**

 **This Organic Girl**



Anjali Shah, The Picky Eater

Anjali is a food writer, published author, board-certified health coach, nutritionist, mom of two, and an advocate for healthy, clean eating for individuals and families. Her work has garnered nationwide attention as she has been featured in and on Women's Health, Cooking Light, Oprah.com, Reader's Digest, CNN, Food Network, SELF, Glamour and Huffington Post. Anjali grew up a "whole wheat" girl, but married a "white bread" kind of guy. Hoping to prove that nutritious food could be delicious and desirable, she taught herself how to cook and successfully transformed her husband's eating habits from a diet of fast food to her healthy and flavorful recipes made with simple, wholesome ingredients. Anjali started The Picky Eater in 2011 to make healthy food accessible, tasty, easy to make at home and picky-eater proof.

picky eaterblog.com

📷 @thepicky eater
f /thepicky eater
🐦 @picky eaterblog
📌 /thepicky eater



Caroline Fausel, Olive You Whole

Caroline has always loved nutrition. Married to a doctor, she and he always had the "nutrition vs medicine" debate ... until they read the first Whole30 book *It Starts With Food*, which had enough science and research to convince her husband Chaz to try the Whole30. They finished their first Whole30 in June of 2014, and Caroline started her blog Olive You Whole one month later. Caroline, Chaz and their two kiddos have been Paleo ever since. Now, with a better understanding of what makes us healthier, Caroline develops recipes, whether Paleo or Whole30, for those striving to eat clean. She is also passionate about the health of the whole body, mind and soul, and helps people detoxify their homes.

oliveyouwhole.com


📷 @oliveyouwhole
f /oliveyouwhole
📌 /oliveyouwhole



Cristina Curp, The Castaway Kitchen

Chef turned real food healer! Cristina is a Cuban American, Amazon best-selling author of *Made Whole Cookbook*, a nutritional therapy practitioner and the creative mind behind The Castaway Kitchen. Helping people heal chronic disease through delicious, real food is her mission!

thecastawaykitchen.com


 **@thecastawaykitchen**



Jenna Davila, Live Pure Jenna

Jenna is the founder of Live Pure, a health and wellness brand that provides spiritual and health guidance through a plant-based diet. Jenna is also a professional photographer and food blogger, creatively capturing the vibrancy of the food we eat and preparing unique plant-based recipes for her readers and clients. Her mission is to illuminate the vitality of living plant-based and to help others find authentic energetic balance in all aspects of their lives.

livepurejenna.co

 **/LivePureJenna**



Erica Dermer, Celiac and the Beast

Erica is just a gluten-free girl, living in a gluten-full world. After a life in advertising and market research, she left her cubicle for a full-time gig blogging about life with celiac and other autoimmune diseases, and the best gluten-free food available.

celiacandthebeast.com

 **@celiacandthebeast**

 **/celiacandthebeast**

 **@celiacbeast**



Carly Johnson Brawner, Frolic and Flow

Carly is a functional nutrition coach and wellness enthusiast living in sunny Austin, Texas. Her brand, Frolic & Flow, came to fruition through Carly's personal experiences healing from autoimmunity with real food and targeted wellness practices. She currently works with clients individually and through her courses to help others optimize overall health, improve autoimmunity and learn the foundations of living in a state of balanced wellness. The topics of nutrition, regenerative agriculture, reducing food waste and increasing transparency within the food industry are intertwined in her work.

frolicandflow.me

 **@frolicandflow**



Jolene Hart, Beauty Is Wellness

Jolene is a health coach certified by the Institute for Integrative Nutrition, a former magazine beauty editor, and founder of the pioneering beauty coaching practice Beauty Is Wellness. She is the author of the best-selling *Eat Pretty* book series, a health writer for several magazines, and will be releasing her fourth wellness book in April 2020 (Running Press). Jolene's private coaching looks at many areas of wellness, from stress and hormones to diet, digestion and healthy personal care, to help women build a lifestyle of beauty that enables them look and feel their best from the inside.

jolenehart.com

Instagram @jolenehart

Facebook /beautyiswellness

Twitter @jolenehart



Kendall Dickieson, The Flexible Foodie

Kendall is on a mission to make healthy eating easier and less confusing for millennials. No need to be bending over backwards when it comes to cooking, nutrition and improving your life. She loves being able to connect with her followers over good food and bringing real-life topics to light, such as anxiety. She is a full-time independent contractor who helps natural food and product brands with content and marketing.

@theflexiblefoodie

Instagram @theflexiblefoodie



Andrew Lewis, Andrew S. Lewis

Andrew is the author of the forthcoming book *The Drowning of Money Island* (October 2019, Beacon Press), the evocative, investigative story of Lewis' return to his Hurricane Sandy-ravaged hometown, where lack of recovery, the rising sea, and a state effort to buy out and demolish neighborhoods has fractured the community and foreshadowed coastal America's sinking future. Lewis is a contributing writer for *Outside*, and has also written for *The New York Times Magazine*, *Guernica* and *Vice*, among others. His work is guided by a keen interest in overlooked subjects within the realms of sport, climate change and government neglect.

andrewslewis.com

 @andrewslewis1

 /andrewlewiswriter


 @andrewslewis1



Tracey Grant, Whole Daily Life

Tracey is the registered dietitian, blogger and Hashimoto's advocate behind Whole Daily Life. Having overcome her own autoimmune and digestive concerns, she now specializes in helping others do the same. She recently co-created The Healing Hashimoto's Course to help educate about healing from autoimmunity through lifestyle modification and using food as medicine. She is passionate about making good nutrition approachable and sustainable as a way for anyone to improve their health in a practical way.

wholedailylife.com

 @wholedailylife

 /wholedailylife




Rebecca Doudak, Vegan Bodega Cat

Shortly after she graduated from college with a degree in cognitive science, Rebecca realized she was the happiest when she was creative or fostering other peoples' creativity. She is passionate about physical fitness, spreading practical veganism, down-to-earth environmentalism, and encouraging people to be their true selves.

@veganbodegacat

 **@veganbodegacat**

 **Vegan Bodegacat**



Lauren Kirchmaier, Flora & Vino

Lauren is an avid yogi and reader, and she listens to wellness podcasts like it's her job. She's also the founder of Flora & Vino, a health and wellness website that features plant-based recipes. Flora & Vino promotes healthy and balanced living through a whole-foods diet. She's an advocate for taking care of your physical and mental health so you can live your best life!

floraandvino.com

 **@flora_and_vino**



Marissa Vicario, Marissa's Well-Being and Health

Marissa is an award-winning integrative nutrition health coach and the author of the best-selling book, *Your Holistically Hot Transformation: Embrace a Healthy Lifestyle Free of Dieting, Confusion and Self-Judgment*. A women's health and lifestyle expert and blogger, she teaches women how to trust themselves to make slimming, nutritious and energizing choices without fad diets.

MarissaVicario.com/blog

📷 @MarissaVicario

📺 /MarissasWellBeingandHealth



Berto Calkins, What's Good, Berto?

Berto is an NASM-certified personal trainer and NASM-certified fitness nutrition specialist who has been active in fitness for 14 years. He has a degree in communications (advertising/public relations) from the City College of New York. Berto showcases content that promotes mental and physical wellness, as well as comfort foods that encourage non-vegans to become interested in the lifestyle. His mission is to make people aware of controllable influences on their lives so that they can make conscious decisions that better themselves and the world.

@whatsgoodberto

📷 @whatsgoodberto

📺 What's Good, Berto?



Gianne Sheridan, The Peachy Prodigy

Gianne's goal and intention is to provide guidance to a great health. Her brand, The Peachy Prodigy, is designed to help individuals grow to the best they can be. She's extremely passionate about helping people gain the confidence to make healthy choices by providing inspiring health tips, recipes and her real-life strategies.

thepeachyprodigy.com

@thepeachyprodigy
 /thepeachyprodigy
 /thepeachyprodigy



Almila Kakinc-Dodd, The Thirlby

Almila is the founder and editor-in-chief of The Thirlby, a media platform making wellness diverse and accessible for all. She is also the author of the book *The Thirlby: A Field Guide to a Vibrant Mind, Body, & Soul*. She is currently pursuing her Master's in Nursing as a Dean's Scholar at Johns Hopkins University. Her background is in anthropology and literature, which she has further enriched through her Integrative Health Practitioner training at Duke University.

thethirlby.com

@thethirlby



Laura Ligos, The Sassy Dietitian

Laura is a registered dietitian and certified specialist in sports dietetics. She is a lifelong athlete and lover of food. Laura spends her free time cooking up something new in her kitchen or moving her body, as she's a CrossFit L2 Trainer and former Division 1 swimmer (Cornell University, 2010). She teaches her clients how to fuel themselves inside and out through movement, nutrition and everything in between. She lives in Albany, New York with her husband and spunky Wheaten Terrier pup, Bode.

thesassydietitian.com

📷 @thesassydietitian

📺 /thesassydietitian



Claire Fountain, CBQUALITY

Claire's brand TrillYoga and @cbquality is the wellness culture of tomorrow. A writer, visionary and celebrity yoga instructor who's globally recognized, Claire continues to influence the fitness industry. With clients ranging from the top NBA, NFL and MLB athletes to the likes of brands such as Amazon, Target, Adidas and Nike, Claire inspires with her unorthodox and realistic approach to yoga and mental health, while promoting a conscious lifestyle through insight and education ranging from over half a dozen e-books to international classes and speaking engagements. Her work focuses on the intersection of women, well being, mental health, body image, self worth and the stories we tell ourselves. Claire graduated from Vassar College and is currently finishing her graduate studies at Wake Forest University while working on a (some day) book.

iamtrillyoga.com/blog

📷 @cbquality @cbqualitytraining



Taylor Kiser, Food Faith Fitness

Taylor is the recipe developer, photographer and general mess maker behind the blog Food Faith Fitness. She aims to show that eating healthfully does not have to equal bland and boring. Rather, healthy can be easy and totally delicious! Taylor believes in living a balanced life with Christ at the center, and she also believes that moderation is key, so sometimes it's OK to just go and eat that cookie! When she isn't blogging, you can find Taylor at the gym, her Bible study or snuggling up on the couch with her husband and doggy, watching The Food Network.

foodfaithfitness.com

- 📷 @foodfaithfit
- 📘 /foodfaithfitnessblog
- 🐦 @foodfaithfit
- 📌 /foodfaithfit
- 🎥 Taylor Kiser



Chelsea Williams, That's Chelsea

Chelsea is a nationally recognized health communication strategist and media contributor. Her work has been featured on various media outlets, such as TV One, Fox 45 News, ABC 7 News-WJLA, News Channel 8, ESSENCE and PR Newswire. Additionally, Chelsea serves as one of six Board of Advisors for The Well, a social brand by Samsung Mobile USA and POPSUGAR Fitness that focuses on wellness content and experiential events throughout 2019 and beyond. Chelsea possesses a master's degree in public health nutrition (MPH) and is a certified communicator in public health (CCPH) through the National Public Health Information Coalition.

thatschelsea.com

- 📷 @thatschelsea
- 📘 /thatschelsea
- 🐦 @hithatschelsea
- 🎥 That's Chelsea



Ria Taylor, Trini Vegan

Ria is a long-time vegan, originally from the island of Trinidad and Tobago. She loves reviewing natural vegan products, visiting vegan and vegan friendly restaurants around Baltimore, and showing how you can be vegan on a budget. She wants to make it very clear: Veganism isn't just about eating salads and steamed vegetables. You can be creative in the kitchen, prepare beautiful meals, and go out and have dinner with family, all while saving animals and the environment.

@trinivegan

📷 @trinivegan

🐦 @realtrinivegan



Adam Francisco, Adam Francisco

Adam is a content creator from New York City. He focuses on travel, fitness and dogs. He spends half the year in Thailand with his world-traveling dogs Raindrop and Flex.

@adamfrancisco

📷 @adamfrancisco @befreemysheeples @raindropandflex

▶ AdamFrancisco's BeFreeMySheeples

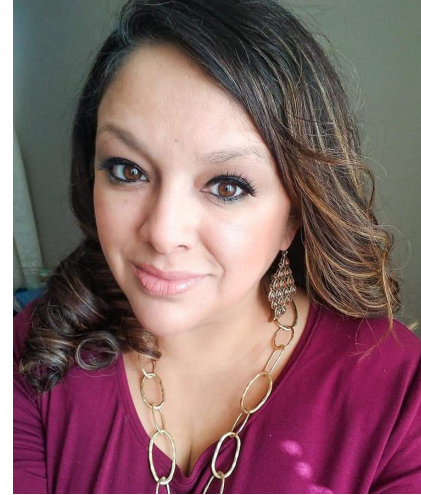


Kendra Cardoza, Paleo Paparazzi

Kendra is the author, photographer, stylist and creative voice behind Paleo Paparazzi, a platform centered around healthier living with an emphasis on real-food recipes. Kendra is passionate about sharing how a lifestyle focused on whole foods, self-care, movement and a glass-half-full attitude can be powerful in reclaiming health. She created her brand as a way to share her and her husband's journey toward healing their bodies after the diagnosis of multiple autoimmune disorders, a brain tumor and stroke in hopes it would inspire others along the way. When she's not cooking away in her kitchen, she's cycling with her husband, hiking, traveling the world and searching for the perfect place to start a small farm.

paleopaparazzi.com

Instagram @paleopaparazzi
Facebook /paleopaparazzi
Twitter @paleopaparazzi
Pinterest /paleopaparazzi



Noelle Kelly, Opera Singer in the Kitchen

Noelle is the intellect and passion behind Singer's Kitchen, a destination where art meets everyday life and where people, brands and communities connect through her vivid descriptions of food, music, motherhood and travel. Noelle believes everyone can experience an artistic life filled with flavor, love and adventures, and her readers feel closer to that life through her honest, personal reflections. Similarly, she develops original recipes and creative promotions for brands that inspire their growth and elevate their exposure to appreciative readers. Noelle has received awards for operatic performances, recipes and photography in the midwest and mid-Atlantic regions and continues to build national exposure as an influencer across multiple media platforms.

singerskitchen.com

Instagram @singerinkitchen
Pinterest /singerinkitchen
Twitter @singerinkitchen



Alison Marras, Food by Mars

As a nutritionist, Alison understands the healing power that real food and lifestyle changes can bring and knows the importance of making it delicious and sustainable. She loves partnering with brands with the same mission and advocates for products she'd use and recommend to her nutrition clients.

foodbymars.com

📷 @foodbymars

f /foodbymars

p /foodbymars



Katie Higgins, Chocolate Covered Katie

Katie owns and writes the blog Chocolate Covered Katie, which is currently the #1 online source for healthy desserts and one of the top 25 cooking sites on the web (based on traffic and Alexa stats). Katie loves what she does and believes in eating chocolate every single day.

chocolatecoveredkatie.com

📷 @chocolatecoveredkatie

f /chocolatecoveredkatie

p /choccoveredkt



Leslie McDonald, Balanced Life Leslie

Leslie is the face behind the social media account @les_mcdonald. She is a sound healer, reiki practitioner and certified holistic health coach with a passion for creating community, sharing recipes, meal prep tips and making wellness accessible to everyone. Leslie is a meal prep fanatic and is always sharing creative ways to cook simple and delicious recipes with minimal ingredients that nourish the body and mind. She believes in balance in all ways, so you can find her most days with a green juice in one hand, a chocolate bar in the other, while daydreaming about tacos and sweet potato toast for her next meal! Her work has been featured in mindbodygreen, FeedFeed, Thrive Global, Greatist and Whole30recipes.

balancedlife-leslie.com

📷 @les_mcdonald



Rachel Steenland, The Plant Riot

Rachel is the founder and creative director of the newly rebranded The Plant Riot (formerly Rachel Steenland). She created the site to pursue her passions for food and photography. Over time her focus has expanded to include healthy eating, animal welfare and protecting our environment.

theplantriot.com

📷 @theplantriot @rachelsteenland



Kelly Pfeiffer, Nosh and Nourish

Kelly is the founder of the blog Nosh and Nourish, as well as a new Instagram account called @EatTheRainbow_Kids. Across her platforms, she focuses on colorful, wholesome food that the whole family will love. Her photography has been featured on Target.com, in grocery stores and even on billboards across the United States. Additionally, her lunchboxes have been featured on Good Morning America, The Wall Street Journal and PopSugar. When not cooking and taking pictures of food, she can be found exploring the mountains near Denver with her husband and 9-year-old daughter.

noshandnourish.com

Instagram: @noshandnourish @eattherainbow_kids
Facebook: /noshandnourish



Leigh Ann Chatagnier, My Diary of Us

Leigh Ann is the founder of the popular blog, My Diary of Us and a 2x cookbook author: *The Unexpected Cajun Kitchen* and *Natural Baby and Toddler Treats*. She has a passion for fresh family friendly meals and empowering other home cooks to feel more confident in the kitchen.

mydiaryofus.com

Instagram: @mydiaryofus
Facebook: /mydiaryofus
Pinterest: /mydiaryofus



Alejandra Graf, Brown Sugar & Vanilla

Alejandra is a Mexican food lover and wellness pusher who follows a plant-based diet. She has a degree in art history, and a few years ago she decided to pursue another one of her passions: food. She became the voice behind Piloncillo&Vainilla (BrownSugar&Vanilla), a blog dedicated to sharing her experiences, food philosophy, and healthy and tasty recipes— the kind of dishes that nourish body, mind and soul. The kitchen was always the family meeting point and her first cooking classroom. Now she has a professional certification as a plant-based cook and food photographer.

brownsugarandvanilla.com

@piloncilloyvainilla
 /piloncilloyvainilla
 /piloncilloyv



Charles Chen, Charles Chen

Charles is a wellness chef who has been featured on Dr. Oz, Food Network, TLC, NBC and Netflix, and he's the founder of Zzeal Media that consults top CPG brands on influencer activations, brand story telling through content, and live experiences. With a weight loss of 100 pounds, Charles transformed his life and dedicated his mission to helping to spread the word on wellness.

charleschen.tv

@charleschentv
 /charleschentv
 @charleschentv



Nicole Holovach, Whole Health RD

Nicole is a functional licensed and registered dietitian specializing in thyroid, women's health and fertility. She is the owner of Whole Health RD, a private practice in historic Frederick, Maryland. She is the host of the podcast Real Food Radio. Nicole lives on a farm and winery in Maryland with her husband and three young children.

wholehealthRD.com

📷 @WholeHealthRD



Haile Thomas, The HAPPY Org

Haile is 18 years old; an international speaker; wellness and compassion activist; vegan food and lifestyle content creator; the youngest certified integrative health coach in the United States, and the founder/CEO of the nonprofit HAPPY. Haile founded HAPPY when she was 12 years old to provide peer-to-peer free or affordable plant-based nutrition and culinary education in under-served communities. Haile has personally engaged more than 40,000 kids around the world since 2010. She has been featured on the TODAY Show, Food Network, CNN, BuzzFeed, VegNews, Dr. Oz, Teen Vogue, Fortune and O Magazine to name a few.

hailevthomas.com

📷 @hailevthomas




🐦 @hailevthomas



Alex and Sonja Overhiser, A Couple Cooks

Sonja and Alex are the writer and photographer behind the award winning food blog A Couple Cooks and authors of the book *Pretty Simple Cooking*, named a best vegetarian cookbook by Epicurious and Food & Wine. The couple has a worldwide following for their vegetarian and plant-based recipes. They're also authors of a recipe series with Washington Post Food called Voraciously: Plant Powered, on how to cook more plant-forward meals. Featured everywhere from the TODAY Show to Bon Appetit, Sonja and Alex are national advocates for healthy and sustainable eating to improve our health, communities and planet.

acouplecooks.com


 @acouplecooks
 /acouplecooks
 @acouplecooks
 /acouplecooks



Sammie Kolk, hullosam / Ma Vie En Vert

Sammie is a makeup artist and content creator who is definitely not your run-of-the-mill influencer! Her blog and Instagram page are chock full of drool-worthy shots of her impeccable interior design skills, amazing fashion and jewelry finds and, of course, her simple yet statement-worthy makeup looks that constantly make one want to venture out of their makeup comfort zone ... all while using nearly exclusively clean beauty products. She loves to experiment with color and push people outside of the box. Her motto is to have fun with makeup, because at the end of the day, it comes off! Making beautiful people pretty is her favorite pastime, and she loves connecting with others, whether it be hosting a beauty event or engaging with her audience by sharing makeup-tips and step-by-step makeup tutorials on Instagram stories. Sammie's hope is to inspire others with the many options clean and safe beauty have to offer—and have some fun while doing so!

hullosam.com




 @hullosam
 /hullosam
 @hullosam
 /hullosam



Jennifer Hansard, Simple Green Smoothies

Jen is on a fresh path to health and happiness—deprivation not included. Her "healthy obsession" with green smoothies has taken her into classrooms to do green smoothie demos, lead entrepreneur workshops, speak on stage and has been featured on The Doctors to spread green smoothie love far and wide. Through the power of green smoothies, she's seen the amazing health benefits firsthand: more energy, which has been the catalyst to healthy living for Jen and her family. Jen's wildly popular website has touched the lives of more than 1 million people and made Simple Green Smoothies the #1 green smoothie online resource. The green smoothie lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Jen lives in a small country town in central Florida with her husband, their two lil' rawkstars Jackson and Clare, plus several chickens, a duck and a dog.

simplegreensmoothies.com





 @simplegreensmoothies
 /simplegreensmoothies
 /simplesmoothies/



Kaila Proulx, Healthy Helper

Kaila is the wellness enthusiast, fitness professional and healthy chef behind Healthy Helper. For the past nine years, Kaila has been sharing her passion for fun fitness, nutritious (and delicious!) food, and inspiring others to live their best life possible. Healthy Helper is a healthy living blog dedicated to promoting overall wellness, balanced living and happiness.

healthyhelperblog.com

 @healthyhelper
 /healthyhelper
 @healthy_helper
 /healthy_helper



Pia Schiavo-Campo, Chronicles of a Mixed Fat Chick

Pia is a fat writer, style expert, public speaker and a certified executive coach. You might be familiar with her by way of the Internet, public speaking or from features in Good Morning America, People Magazine, and Yoga International Magazine. She made waves through the web with Chronicles of a Mixed Fat Chick, a blog that questions conventional notions of beauty and health, and empowers women to take up space. She has also spent the last decade working in social justice and is currently a partner and brand strategist with the social impact firm Momentum Solutions Team.

mixedfatchick.com

📷 @mixedfatchick

📺 /mixedfatchick

🐦 @mixedfatchick



Ashleigh DeFries Gallagher, Healthy Living with Ash

Ashleigh started her Instagram account @healthylivingwithash to share her tips on healthy food, fitness, going green, mom life, PhD life, switching to clean products life, etc. She loves to share cool drone videos, gorgeous travel photos and book recommendations. She is finishing up her dissertation in health policy at Johns Hopkins University, and most recently worked on state legislation and policy.

healthylivingwithash.com

📷 @healthylivingwithash

📺 /healthylivingwithash

🐦 @ashdgallagher

in LinkedInAsh



Camille Styles, Camille Styles

Camille's passion is inspiring others to live a happy and healthy life. She believes that everyday moments are cause for celebration. Camille is also the author of the bestselling book *Camille Styles Entertaining*, and proud mom to Phoebe and Henry. She loves green juice and coffee in equal measure, and although she frequently dreams of the beach, she's thrilled to call sunny Austin, Texas home.

camillestyles.com

 @CamilleStyles



Beth Sinclair and Lexi Harrison, Crowded Kitchen

Crowded Kitchen is a mostly plant-based food blog with a focus on delicious, seasonal recipes, sustainability and beautiful food photography. Co-founders Lexi and Beth are a mother-daughter team from Michigan, and they recently brought on a third team member, Lizzy, as they continue to grow. Crowded Kitchen had its start on Instagram, where the brand built an organic following of 110k+ in just the last three years. Crowded Kitchen is a family- focused team with a passion for creating (and eating!) delicious, healthy food.

crowdedkitchen.com

 @crowded_kitchen



Katie Brown, Real Food with Gratitude

Katie is a healthy-balance food blogger, health coach, food photographer, social media consultant and group fitness instructor from Richmond, Virginia. She has a passion for food, cooking and making small changes that have a big impact. Her main focus is helping others live a balanced lifestyle that allows enjoying the things you love while also focusing on eating real, minimally processed foods that make you feel good. Katie advocates for listening to your body and learning to understand it to allow for the possibility of living life without dieting or removing whole food groups if you don't have to.

realfoodwithgratitude.com

📷 @realfoodwithgratitude

📌 /realfoodwithgratitude



Caitlin Greene, Star Infinite Food

Caitlin is the founder of starinfinitefood.com, a blog that started out in 2016 as a personal journey of finding a healthy balance with foods. Caitlin grew up in a family of cooks and has been in the kitchen since age five, though she doesn't have any formal cooking experience. Her recipes, vibrant photography and ability to connect with her community has gained her an audience of more than 160,000. Caitlin continues to inspire others by showing that healthy food can be exciting and easy. She has been featured by TheFeedFeed, Whole Foods Market and Drew Manning's recipe book, *FromFit2Fat2Fit*.

starinfinitefood.com

📷 @starinfinitefood

f /starinfinitefood

🐦 @foodinfinite

📌 /cgreenefoodblog



Catina Smith, Culinary Socialite & Just Call Me Chef

Chef Catina Smith (Chef Cat) is one of Baltimore's well-known, impactful chefs. She studied culinary arts at Baltimore International College before beginning service to her country in the Air Force Reserves. Chef Cat has a bachelor's degree in organizational management, and is pursuing her master's degree in acquisition. She began her career as a garde manger cook and moved up the culinary ranks. Within a short time she took the sous chef position at Guy Fieri's Kitchen and Bar. She then went on to become executive chef at Dovecote Cafe and Notre Dame of Maryland University. She currently works at Copper Kitchen, one of the premier catering companies in Baltimore. Chef Cat has founded two organizations: Culinary Socialite, which brings local people together for good food and conversation, and Just Call Me Chef, a sisterhood for networking, mentoring and building community among black female chefs. Her most popular project is the Just Call Me Chef annual calendar that highlights black women chefs around the country.

chef-cat.com and **justcallmechef.co**

📷 @justcallmechef.co @naturallychefcat



Hannah Testa, Hannah4Change

Hannah is an award-winning sustainability advocate, international speaker and founder of Hannah4Change, an organization dedicated to fighting issues that impact the planet. She is a vegan who enjoys healthy living and loves to share her passion with others. She excels at partnering with businesses and government to influence them to develop and promote more sustainable practices and products. Check her out on the back of Kashi by Kids cereals!

hannah4change.org

📷 @hannah4change

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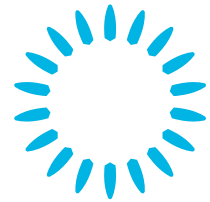


Kanchan Koya, Spice Spice Baby & Momlight

Kanchan has a doctorate in molecular biology from Harvard Medical School, training from the Institute of Integrative Nutrition, and knows that food can be the best and most powerful preventative medicine. While studying DNA repair as a PhD student, Kanchan's lab began studying the cancer-fighting powers of curcumin, the active compound in the ancient spice, turmeric. This sparked Kanchan's interest in the science-backed health benefits of spices, which she had grown up enjoying on a daily basis in India. Upon becoming a mother, she founded Spice Spice Baby, a platform dedicated to shedding light on the healing potential of spices, demystifying them for a global audience, and inspiring their use in food for the whole family. Kanchan's recipes are original, eclectic, nutritious, and packed with spice. She is part of the Creators Program at BuzzFeed Tasty creating recipes and digital content for a global audience of millions. Kanchan recently launched Momlight, a platform and podcast dedicated to helping mothers find more health and wellness. You can find her experimenting with spices in her kitchen, enjoying a sweaty yoga class, or sipping a glass of wine in Brooklyn, New York, where she lives with her husband and two kids.

spicespicebaby.com

 **@chiefspicemama**



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