

# MAREYA IBRAHIM

Mareya Ibrahim is The Fit Foodie, a TV chef, nutrition coach, author, patented inventor and award-winning entrepreneur. Her new book, “Eat Like You Give a Fork,” (St. Martin’s Griffin) is a #1 New Release and is changing how people prioritize their wellness. She is also a signature chef to the NY Times million copy bestseller “The Daniel Plan: 40 Days to a Healthier Life” and was a featured chef on 3 seasons of the Emmy-nominated show, Recipe Rehab. Her back page column, “The Fit Foodie” is featured in Edible Orange County Magazine. Mareya is the host of “The Recipes for Your Best Life” Podcast, and has appeared on the Food Network and has created over 400 cooking videos. Mareya is a seasoned food industry expert, and is the recipient of the Senator’s Making a Difference In Health award, World’s Best Technologies gold prize and an Inc. Magazine Newpreneur finalist. Find her on social media **@eatcleaner** and on her websites at [eatcleaner.com](http://eatcleaner.com) and [mareyaibrahim.com](http://mareyaibrahim.com).