

# Mareya Ibrahim



Chef  
Author  
Entrepreneur  
Patented Inventor  
Podcast Host  
Speaker  
Cooking up your best life



## As Seen On...



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# Mareya Ibrahim

Mareya Ibrahim is a TV chef, holistic nutrition coach, author and award-winning entrepreneur and inventor. She is the founder of Grow Green Industries, INC. and the creator of the Eat Cleaner line of food wash and wipes. Mareya is the author of "The Clean Eating Handbook," a signature chef to the NY Times bestseller "The Daniel Plan: 40 Days to a Healthier Life" by Rick Warren, Dr. Daniel Amen and Dr. Mark Hyman and a contributor to Recipe Rehab. Her next book, "Eat Like You Give a Fork," will be released in May 2019 with St. Martin's Press. Her backpage column, "The Fit Foodie", has appeared in Edible Orange County Magazine for 7 years. Chef Mareya is the host of "The Real Dish" Podcast, was a featured chef on the Food Network, eHow.com, Livestrong.com. and the Emmy-nominated cooking show, Recipe Rehab. Mareya has been a keynote or featured speaker for dozens of events, including the Sustainable Foods Summit, The Green Festival, The California School Nutrition Association Conference, The Fit Expo and The Daniel Plan.

## Speaking Experience

Western Food Service Expo  
Florida Restaurant and Lodging Show  
Healthy Food Expo Emcee FL and LA  
Sustainable Foods Summit, Keynote  
Floral and Produce Council Event  
BlogHer Food  
The Fit Foodie race, San Diego main stage  
Fit 4 Mom Annual Conference, Keynote  
California School Nutrition Association (4 years)  
The Green Festival Los Angeles  
Evolution Hospitality Conference, Keynote  
Campus Crusade Conference, Panama  
The Daniel Plan, at the Cleveland Clinic  
Daniel Plan at Saddleback (12 events)  
The Fit Expo (8 events)  
Pregnancy Awareness Month (3 years)  
Kid's Food Festival New York City (3 years)



## Featured Testimonials

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

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

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

## Awards

California Senator's Women Making a Difference Award  
World's Best Technology Gold Prize Winner  
Disney iParenting Award

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## Sample Speaking Topics

### 1) The Top 10 Essential Rules for A Forking Good Life

Everyone wants a fabulous life, but when you follow the right formula, you get optimal results. I'll share my Top 10 secrets on how to have more energy and vitality through delicious food.

### 2) How to heal yourself with food

It used to be that cleaning your plate, you couldn't leave the table. Welcome to a whole new conscientious world of thinking about where your food comes from and how it can heal and change your destiny. Here you'll learn the top key habits of highly effective eaters and how it can significantly impact your mental and personal health,

### 3) Safe at Home Plate: How to protect your family from harm

Do you know what's in your food can do more harm than good? From pathogenic bacteria to chemical additives and hormone disruptors, I'll provide insights on how to keep your kitchen and pantry as clean and clear as possible to keep you and your family safe at home.

### 4) The Sustainable Life: How to reap the benefits of an eco-friendly mindset

There's no doubt that we only have one planet, and we have to take care of it. The beauty is, there is a financial and social benefit to living green and clean. I'll share how to eat, shop and live more sustainably, and how you can pay it forward to future generations.

### 5) How to bring families back to the table and fix mealtime for good

Families are more distant than ever, separated by busy lives, technology and pursuing 'more'. I'll provide you with my top 7 tips for getting your life back by starting with your sustenance. The results are life-changing.

### 6) Healthy Food Trends

I'm always on the lookout for what's hot in the world of food trends and how they'll shape the course of business and sales. I'll present my annual 8 Great Trends report and help your audience see how lucrative it can be to become a trendspotter.



Social Media:

Twitter @EatCleanerFood  
Facebook @EatCleaner  
Instagram @EatCleaner  
Pinterest @EatCleaner  
YouTube @EatCleaner



Contact: Leigh-Anne Anderson  
Anderson PR  
leighanne@anderson-pr.com  
(310) 990 5752

# Mareya Ibrahim *The Fit Foodie*



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**THE CLEAN EATING HANDBOOK**  
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