



The Homecooking DIETITIAN

WELLNESS | NUTRITION | LIFESTYLE

About me

I am a passionate and experienced Registered Dietitian Nutritionist with over 10 years of experience in promoting healthy eating habits and nutritional wellness. I specialize in weight management and culinary nutrition education and am dedicated to educating and empowering individuals to make informed food choices.

CONTACT INFORMATION

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- 📌 [Carrie Gabriel](https://www.linkedin.com/in/CarrieGabriel)

AUDIENCE DEMOGRAPHICS

- Age Range:** 25-55
- Gender:** 80% Female, 20% Male
- Top Locations:** United States, Brazil, Indonesia
- Main Interests:** Healthy Eating, Cooking, Wellness

SERVICES OFFERED

- Television Segments
- Menu Planning and Recipe Development
- Health and Wellness Workshops and Seminars
- Brand Ambassadorship and Product Endorsements
- Content Creation: Blog Posts, Cooking Videos and Social Media Posts



COLLABORATION OPPORTUNITIES

I am interested in partnering with food brands that align with my philosophy of promoting healthful and balanced eating. Collaboration opportunities include:

- Product Reviews and Sponsored Posts
- Recipe Creation using your products
- Speaking Engagements and Webinars



FEATURED IN

health

PS

Eat This, Not That!

SHE FINDS

well+good

EatingWell

GREATIST

LiveNaturally

 Lose It!

the
Skimm'

Contributed to the above websites plus **Hum Nutrition** and **US News** with articles on supplements, meal prep and healthy cooking.

LET'S COLLABORATE!

I am excited about the opportunity to work together to create engaging and educational content that resonates with your audience and promotes your brand's values!
For collaboration inquiries, please contact me at Carrieg221@gmail.com