

As Seen On...

BUSINESS ROCKSTARS

QVC

OPRAH

oxygen

USA TODAY

LIVESTRONG.COM

CookingLight

NEXT LEVEL CHEF

SHAPE

THE WALL STREET JOURNAL

eHow

FOX 5

food

abc 7

HSN

NEW YORK POST

hatched

PICKLER&BEN

Food DIVE

Health

U.S.News & WORLD REPORT

Clean Eating

Formerly Bulletproof Radio
THE HUMAN UPGRADE with Dave Asprey

THE HUFFINGTON POST

Chef MAREYA

About Mareya and The Real Dish

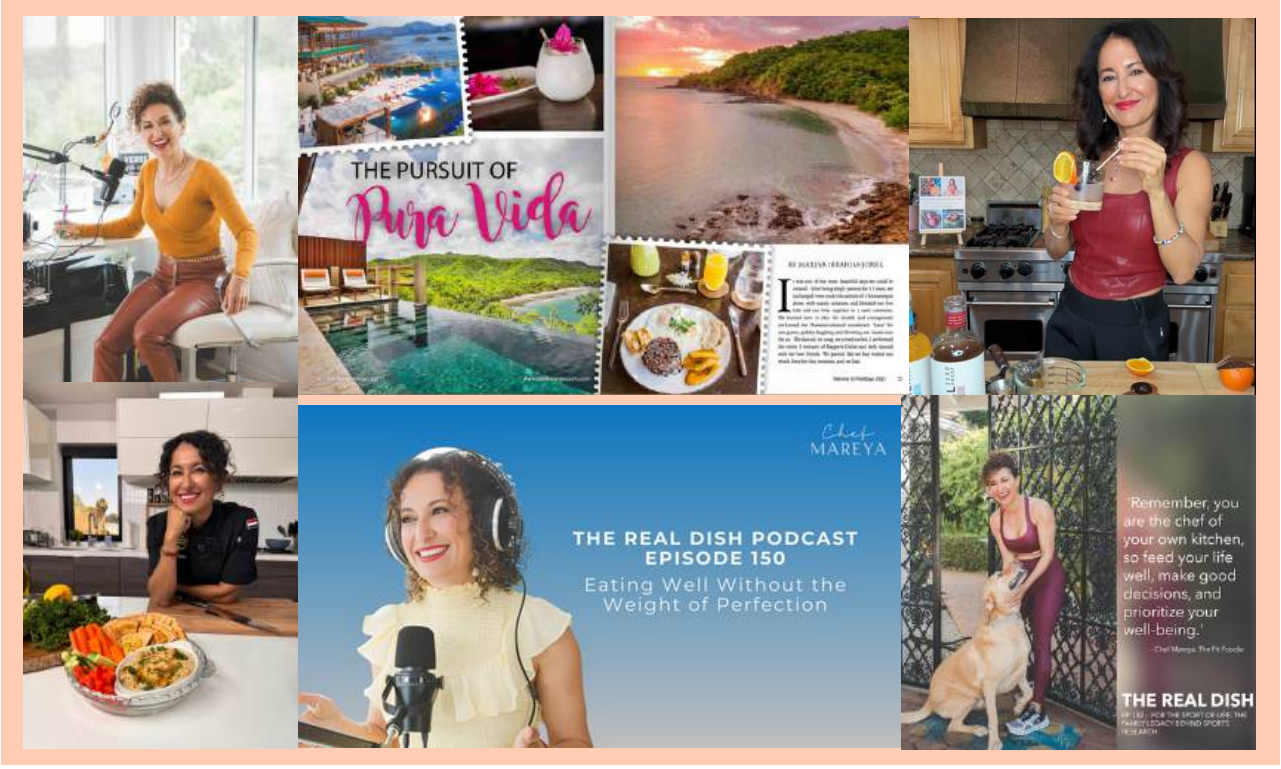
A Trusted Voice for Women in Their Power Era.



The Real Dish is a top wellness and lifestyle podcast and platform for women navigating their most powerful chapter yet. Hosted by chef, author, wellness expert, and media personality Mareya Ibrahim-Jones (aka Chef Mareya, The Fit Foodie), The Real Dish serves up candid conversations about health, reinvention, longevity, travel, relationships, purpose, and what it truly means to thrive after 40.

With a signature blend of science, storytelling, humor, and heart, Mareya explores the real-life experiences that shape our well-being—from menopause and mindset to food, fitness, faith, adventure, and personal growth. Each episode delivers practical takeaways, expert insights, and inspiring stories that help listeners fuel their bodies, ignite their potential, and transform the way they live.

The audience is made up of engaged women who value health, lifelong learning, meaningful experiences, and stepping into their best life. The Real Dish offers authentic opportunities for brands, destinations, and organizations seeking trusted partnerships, sponsored content, interviews, social campaigns, and experiential storytelling that resonates with an audience eager to invest in their health, happiness, and future.



Chef
MAREYA

Audience & Followers

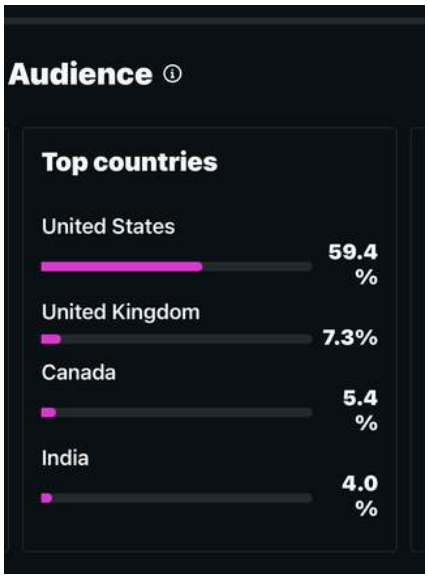
35k+ Email Subscibers

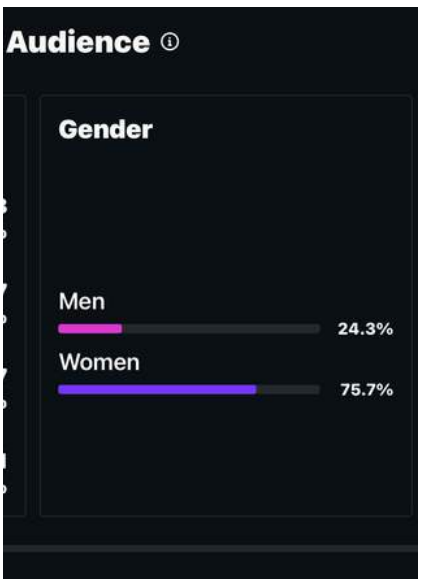
320K+ Followers on social media

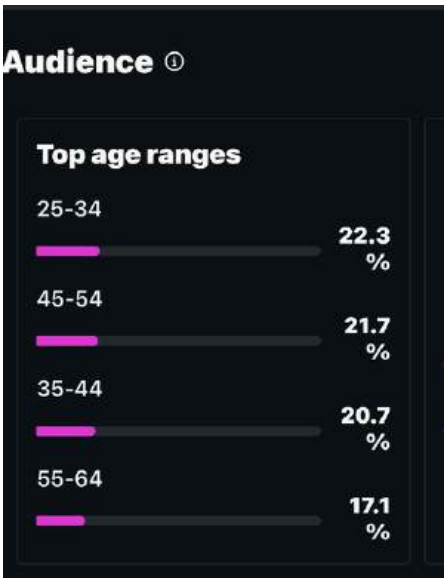
160+ episodes streaming on all platforms with over **250,000** listeners

Columnist and Features Contributor for Edible Orange County Magazine; 4x author

Latest Meta Stats

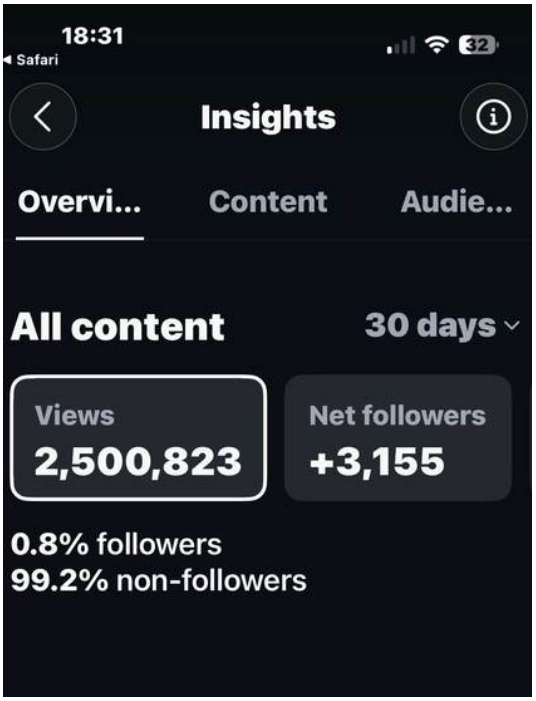




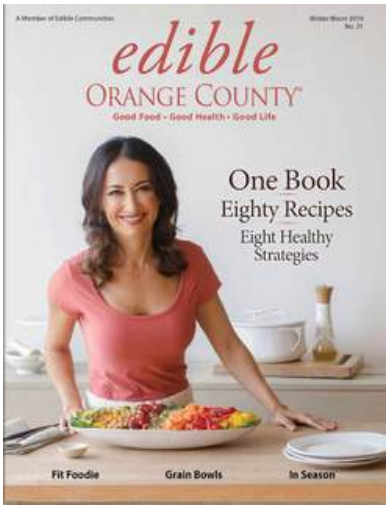


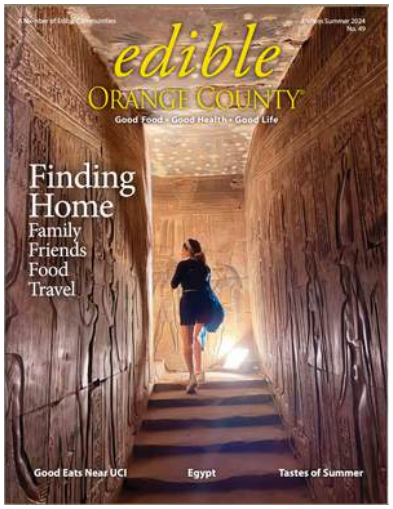
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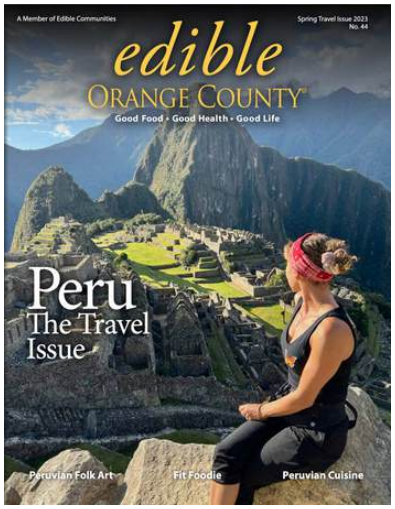
Audience & Followers



Well engaged audience: Affluent/Health Seeking Wellness, Self Improvement, Culinary and Adventure aceoss social media and print publications



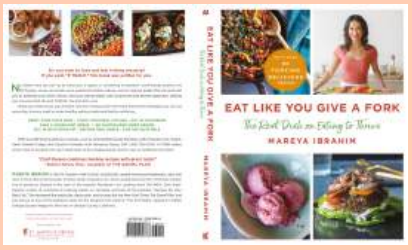






Chef
MAREYA

Featured Career Highlights





- Host of The Real Dish Podcast
- Travel & food columnist for Edible Orange County magazine for 14+ years
- Global culinary storyteller
- Author of Eat Like You Give a Fork (St. Martin's Press), The Clean Eating Handbook and Rap Around the World
- Signature Chef to the multi-million copy bestseller, The Daniel Plan.
- On-air culinary and lifestyle expert with over 200 TV segments
- TV Series apearances:
    - Next Level Chef (Season 5) with Gordon Ramsay
    - Recipe Rehab (3 seasons)
    - Over 150 cooking segments on TV news (KTLA, FOX5, WABC)
- Speaker & workshop leader focused on women's health, hormones, faith, food, and strength in midlife
- Founder of eatCleaner (sold to Joy Mangano in 2023) and Superfood Sprinkle® — a chef-crafted, nutritionist-minded functional seasoning supporting inflammation, digestion, brain health, and metabolic wellness
- Certified holistic nutritionist, brain health coach and member of NATJA (national association of travel journalists)

Speaking Experience

BlogHer Food
California School Nutrition Association Conference
Campus Crusade Conference, Panama
Daniel Plan at Saddleback
Evolution Hospitality Conference, Keynote
Fit 4 Mom Annual Conference, Keynote
Floral and Produce Council Event
Florida Restaurant and Lodging Show
California Restaurant Show
THRIVE Summit, Keynote

Healthy Food Expo Emcee FL, LA and NYC
Kid's Food Festival New York City
Sustainable Foods Summit, Keynote
The Daniel Plan, at the Cleveland Clinic
The Fit Expo Emcee, Moderator and Featured Chef
The Fit Foodie race, San Diego main stage
The Green Festival Los Angeles
Western Food Service Expo
Festival de la Gastronomie, St. Martin
Women in Electronics Annual Conference

Featured Testimonials

"Chef Mareya combines healing recipes with great taste." - **Dr. Daniel Amen, co-author, The Daniel Plan**

"Mareya has played an integral role with the Daniel Plan, serving as one 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.**

"

Chef
MAREYA

Project Opportunities

1) Content Creator
Creative Reels, story and general content creation for your brand and mission that set you apart and go viral.

2) Media Personality
Work with Mareya as a media personality, pitching relevant subjects that position the brand on TV, audio and print.

3) Blog and Story Features / Newsletter Content
Develop meaningful content for the blog and Edible Orange County that ties into products and services - from sustainability to travel retreats to deep dives into specific subject matter.

4) Podcast Host/Sponsor
Collaborate with Mareya as a featured topic on The Real Dish. Or, have Mareya be the third-party subject matter expert in interviews on your brand's behalf.

5) Recipe/ebook development
Work with Mareya to develop a recipe booklet filled with clean ingredients.

6) Video series
Work with Mareya to film recipes created into Segments that can be used for YouTube, socials and the website.

7) Speaking engagement/moderator/presenter
Work with Mareya as a speaker to represent the brand as a speaker/moderator/presenter for live events, including TheFitExpo, corporate and industry events. This also includes live cooking events. Half or Day fee.

8) Custom Project
Have a specific need? Let's discuss!

Contact: info@therealdish.com for rates and more information





