

Rachel Bies



Website: rachelbiesnutrition.com Instagram: @thehealthybies
Facebook: RachelBiesNutrition Twitter: @RachelBiesNutrition



No stranger to the kitchen Rachel is a seasoned chef, nutritionist, food stylist and photographer. Check out her epicurean treasures, recipes, culinary twists, reviews and more on her Instagram page and follow her everyday adventures

Rachel has appeared on Global Morning, CBC: The Fifth Estate, is a Wellness and Health Expert for National Publications, on stage host/moderator and a talented brand ambassador. Her passion projects include working with partners to highlight the importance of positivity, a healthy- balanced lifestyle and travel.

Bio



As a passionate Culinary Nutritionist, Chef and Media Personality – Rachel and her site rachelbiesnutrition.com main goal is to cook, showcase, teach and get YOU back into your kitchen and in love with real food. Add in natural skincare, travel, health & wellness – She has so much she wants to share with her viewers. Above all else she likes to focus on LOVE, passion and respect for all.

With 3 companies (Food Delivery & Chef, Nutrition App, & Non for Profit)– she plans on getting her real, bright, whole food and lifestyle message out! Don't be fooled she has been known to enjoy cheese, wine and the occasional burger. Balance is key.



Recent Brand Partnerships:

- Blue Goose Pure Foods*
- Lole Women*
- Genuine Health*
- Zwilling Canada*
- Philips Canada*