

## **Jennifer Iserloh Bio**

“Skinny Chef” Jennifer Iserloh is a leader in promoting healthy, vibrant lifestyles through a diet of delicious and nutritious easy-to-prepare meals. A classically trained chef, certified yoga teacher and a graduate of the Institute for Integrative Nutrition, Iserloh is the best-selling author of *50 Shades of Kale* and *Healthy Cheats*, among other books. She has also generated thousands of articles, blog posts and recipes for publications such as *SELF*, *Health Monitor*, *Prevention*, *In Style*, *People*, *First For Women*, *AOL*, and *Livestrong*. In addition, Iserloh regularly appears on Fox News, The Today Show and other CBS and NBC network programs discussing nutrition, healthy eating, superfoods and related issues.

Earlier this year, Iserloh released her new line of delicious superfood sauces designed to promote a healthy lifestyle and support her commitment to natural weight loss. Each of the four sauces— *Goji Espresso*, *Cherry Chipotle*, *Pomegranate Cayenne* and *Brazin’ Blueberry* —can be used with a variety of meats and vegetables for marinating, grilling, finishing, broiling, and baking. At approximately 35 calories per serving and with only 40 mg sodium per 2 tablespoons, they are ideal for anyone who is pre-diabetic, needs to control their sodium intake or is on a low-carb diet.

Beyond her books, television appearances and writings, Iserloh empowers thousands of people each day to take on a bigger role in their own health and eat more superfoods through her site: <http://skinnychef.com> — a fountain of news, recipes and advice.

## **Contact Info**

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