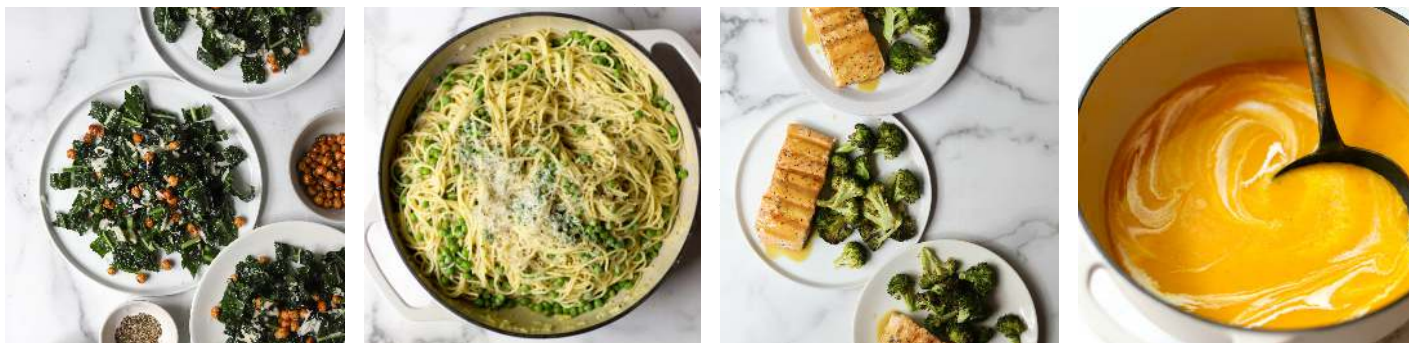




# THE HEALTHY EPICUREAN

SIMPLE. WHOLESOME. DELICIOUS. ▽

## JULIE ANDREWS, MS, RDN, CD, FAND

FOOD, CULINARY,  
NUTRITION & MEDIA EXPERT

I AM A COOKBOOK AUTHOR X4, TRAINED CHEF, REGISTERED DIETITIAN, FOOD & NUTRITION CONSULTANT AND A ONE-STOP-SHOP FOR ALL THINGS FOOD CONTENT: RECIPE DEVELOPMENT, FOOD PHOTOGRAPHY, COOKING VIDEO/MEDIA SEGMENTS, COOKBOOK WRITING, FOOD & NUTRITION WRITING, TEACHING KITCHEN PROGRAM DEVELOPMENT AND BRAND AMBASSADORSHIPS.

MY PERSONAL FOOD BLOG, [THEGOURMETRD.COM](http://THEGOURMETRD.COM), IS FILLED WITH SIMPLE, WHOLESOME AND DELICIOUSLY NUTRITIOUS RECIPES.

MY PASSION IS HELPING OTHERS BUILD CONFIDENCE IN THE KITCHEN AND TO INSPIRE THEM TO COOK FOR THEMSELVES AND THEIR FAMILIES. I TRULY BELIEVE IT'S THE TICKET TO BETTER HEALTH AND A MORE ENJOYABLE LIFE!



### I'VE WORKED WITH...

NATIONAL CATTLEMEN'S BEEF ASSOCIATION, OXO, KASHI, BOB'S RED MILL, SILK, COOKING LIGHT, CARAPPELLI OLIVE OIL, MAILLE, SILVER SPRING FOODS, NC SWEET POTATO COMMISSION, HUNT'S, SPLENDIA NATURALS, THRIVE MARKET, J.M. SMUCKERS, BELLA PORTOFINO, SAFE EGGS, JENNIE-O, HORIZON, MINUTE RICE, USA POTATOES, ARLA, FRONTIER CO-OP, CHOSEN FOODS, REESE SPECIALTY FOODS, ALEXIA FOODS

### STATS...

520K MONTHLY PINTEREST VIEWERS  
47K MONTHLY WEBSITE PAGEVIEWS  
36K UNIQUE MONTHLY SESSIONS  
7.8K INSTAGRAM FOLLOWERS  
2.4K FACEBOOK FOLLOWERS  
2.7K PINTEREST FOLLOWERS



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