



DR. MONIQUE MAY

PHYSICIAN IN THE KITCHEN®

SPEAKER'S KIT

DRMONIQUEMAY.COM

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DR. MONIQUE MAY

AWARDWINNING
BOARDCERTIFIED
FAMILY PHYSICIAN

FOUNDER OF
PHYSICIAN IN THE
KITCHEN®

MEDIA EXPERIENCE

BEST-SELLING AUTHOR

AWARD-WINNING BOARD-CERTIFIED FAMILY PHYSICIAN

An award-winning physician with over twenty years of experience in a variety of clinical and administrative settings.

MEDIA EXPERIENCE

A reliable resource for local and national news media on up-to-date and breaking-now health topics.

BEST-SELLING AUTHOR

An engaging speaker who takes the stage with passion in her heart, encourages audiences with her strong, genuine message, and connects authentically with them.

ABOUT ME



Dr. Monique May, the **Physician In The Kitchen**, is a board-certified family physician who enjoys helping busy households embrace healthy plant-based eating without impacting their hectic schedules.

After practicing clinically for more than 20 years and embarking upon her own plant-based journey, Dr. Monique then attended a vegan culinary school, where she learned how to prepare plant-based meals that are both delicious and healthy. She is a two-time best-selling author, including her first cookbook, **Doc Fix My Plate! The Physician In The Kitchen's Prescriptions For Your Healthy Meal Makeover**. It includes recipes inspired by family favorites passed down from her grandmother and mother, and other "vegan-ized" versions of common dishes.

A native New "Yawk-er", Dr. Monique fell in love with North Carolina during her days as a Tarheel in Chapel Hill, and after attending medical school at Temple University in Philadelphia, PA, she moved back and settled in the Charlotte area. When she is not busy creating recipes in her kitchen (or as she affectionately refers to it, her "lab"), Dr. Monique likes to visit farmers' markets, shop for kitchen gadgets, travel, and exercise. Be sure to follow her kitchen adventures **@physicianinthekitchen**.

MEDIA APPEARANCES



Rising **DOCTOR TURNED COOK!**

DR. MONIQUE MAY MAKING "GRANDMA'S MACARONI"

TASTY TUESDAY



8:25 61° | CHARLESTON, SOUTH CAROLINA RESEARCH CENTER TAKES **BAHAKEL SPORTS**



SARATOGA
OLIVE OIL CO.



SIGNATURE TOPICS

Healthy Grilling Options Beyond Burgers

Beyond Burgers: What Else You Can Throw On The Grill Besides Meat

What To Cook When You Don't Know What To Cook

How to Shop Your Pantry and Freezer instead of Going to the Grocery Store

Quick and Easy Nutritious Meals

Tips to Help Busy Households Get Good Food on the Table Fast

Plant-based on a budget

How to go plant-based without going broke



SERVICES

We help businesses and employers improve employee health, engagement, and productivity through practical, physician-led wellness programs. Our services include:

- **Workplace Wellness Programs** – Customized wellness initiatives focused on preventing chronic disease, improving nutrition, increasing energy, and supporting overall employee well-being.
- **Lunch & Learn Workshops** – Interactive virtual or in-person educational sessions on topics such as healthy eating, stress management, heart health, diabetes prevention, healthy aging, and other evidence-based wellness topics.
- **Keynote Speaking** – Engaging presentations for conferences, leadership events, employee wellness days, and health-focused programs.
- **Plant-Based Culinary Therapy & Cooking Demonstrations** – Hands-on cooking classes and demonstrations that teach employees how to prepare healthy, delicious meals they can realistically incorporate into their busy lives.
- **Nutrition Education & Lifestyle Medicine** – Science-backed guidance that empowers employees to make sustainable lifestyle changes that improve health outcomes and reduce chronic disease risk.

Our goal is to help organizations build healthier, more productive teams while making wellness practical, engaging, and sustainable.

TESTIMONIALS

"I want to extend a HUGE thanks to Dr. May for a superb presentation. Our audience truly valued the presentation and the supportive information that she shared."

**– Gwendolyn Devins, Health Program Coordinator/Supervisor
Community Engagement. Mecklenburg County Health
Department**

"Dr. Monique May inspired our attendees with her inspiring words of encouragement and empowerment."

– Healing Vine Harbor

"Dr. May provided our audience of safety-net health care organizations with a presentation that was both insightful and educational. She tailored thoughtful remarks that would specifically assist our partner organizations in addressing the health priorities for those we serve - the uninsured and under-resourced residents of Mecklenburg County. As we seek to collaborate, educate and communicate issues surrounding access to care, professionals like Dr. May offer consults which heighten our ability to improve upon the interventions we extend to our patients. We are grateful for her sharing her gifts and talents within the food as medicine space with MedLink"

**–Tchernavia Montgomery
MedLink of Mecklenburg**

EDUCATION & CREDENTIALS



- Temple University School of Medicine, 1996
- Alpha Omega Alpha, National Honor Medical Society, 1996
- Named Outstanding Resident of the Year, 1999
- Voted Physician of the Year 2019
- 2x Best-selling author
- Vegan culinary school trained chef
- Content creator, Denny's Restaurants
- Saratoga Olive Oil Company Brand Influencer
- Ingles Markets Table Chef
- Medical Consultant, Mecklenburg County Health Department, Charlotte, NC
- Aeroflow, Medical Advisor

EDUCATION & CREDENTIALS



Speaking Rates:

Speaking fees start at \$3500 plus travel and accommodations. Fees are customizable and negotiable. Please inquire for more details.

Travel Arrangements Should Cover:

Airfare (for two) or SUV Car Rental
Ground Transportation
Hotel Accommodations
Meals and gratuities

Full speaker's rider provided upon booking

GET IN TOUCH



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