

Dr. Monique May

PHYSICIAN IN THE KITCHEN®

MEDIA KIT

www.drmoniquemay.com
www.physicianinthekitchen.net



AWARD-WINNING BOARD-CERTIFIED FAMILY PHYSICIAN

An award-wining 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.

ENGAGING SPEAKER

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



Hi, I'm Dr. Monique!

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.

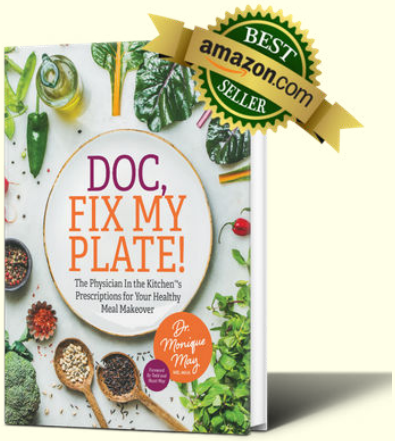
After practicing clinically for more than 20 years and embarking upon her own plant-based journey, Dr. Monique then attended a vegan culinary school, where she learned how to prepare plant-based meals that are both delicious and healthy. She is a two-time best-selling author, including her first cookbook, **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**.

MY WORK



Meal Masters: Your Simple Guide to Modern Day Meal Planning



Doc, Fix My Plate! The Physician In The Kitchen's Prescriptions for Your Healthy Meal Makeover



Vegan Worcestershire Sauce



Vegan-ish: How to Plant-Base Your Pantry



1:1 Cooking Classes

Client Testimonials

"Doc Fix My Plate" is one of the best options when in doubt of how to begin our vegan journey. Doc, you make this vegan ride exciting, educational and delicious!

Fran Marie

"I recommend MealMasters to anyone who wants clarity to avoid the frenzy of home delivery. The Physician in the Kitchen shares her knowledge and her passion to changes lives....one bite at a time.

Kenny



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



SPEAKING TOPICS

- Food as medicine
- The benefits of a plant-based diet
- Health & wellness
- Women's health
- Mindfulness & well-being

AS SEEN ON

msn · WCNC · Remedy Health Media · Spectrum News

Bustle · Eat This, Not That! · BestLife · Yahoo! News

Saratoga Olive Oil Co. · Ingles · Denny's · Jack and Jill of America, Inc. 1938

BDO BlackDoctor.org · WDRB media Information and Inspiration · Listen on iHeartRadio · 1 Million Cups



WHO I WORK WITH

- Colleges
- Churches
- Corporations
- Conferences
- One-on-one

WHAT YOU CAN EXPECT

- Plant-based meals championing
- Conducting virtual cooking classes
- Recipe creating
- Meal planning
- One-on-one coaching
- Public speaking
- Online course creating

GET IN TOUCH



@physicianinthekitchen

drmoniquemay.com

physicianinthekitchen.net

media@drmoniquemay.com

@drmoniquemay

Scan for more details: