



Hello, I'm

Melissa Boufounos, CHN

CERTIFIED HOLISTIC NUTRITIONIST +
FREELANCE WRITER



MEET MELISSA

I'm a media nutritionist in the greater Ottawa, ON, Canada area. I was recognized as one of Canada's Top 100 Health Experts by OptiMYz Magazine four years in a row.

A lifelong athlete, I specialize in sports nutrition and mainly work with teen hockey players in my virtual private practice. My goal is to help the next generation of athletes optimize their diets and health so they can perform their best on and off the ice and avoid the mistakes I made growing up that cut my playing career short.

I have bylines in *mindbodygreen* and have been featured in *Forbes Health*, *Outside Online*, *Shape*, *Yahoo!*, *Clean Plates*, *Eat This*, and more. I partner with nutrition and wellness brands as an expert with influence through spokesperson work, content creation, and other types of media work.

AS SEEN IN



SHAPE

yahoo!

mindbodygreen



msn

EatThis,NotThat!

THE NUMBERS

835M+

MEDIA INTERVIEW
AUDIENCE

25K

TOTAL SOCIAL
IMPRESSIONS

1.7K

MONTHLY BLOG
PAGEVIEWS

2.2K

EMAIL
SUBSCRIBERS

@ 1.9K

@MELISSABOUFOUNOS

f 2K

MB PERFORMANCE
NUTRITION

f 1.6K

SPORTS NUTRITION
FOR TEEN ATHLETES

ALL STATS AS OF OCTOBER 2023

melissa@melissaboufounos.com

MelissaBoufounos.com

Ottawa, ON, Canada area



SERVICES

NUTRITION SPOKESPERSON

- Media interviews
- Quotes & tips for press releases
- Talent for events & tradeshow
- Nutrition consulting

CONTENT CREATION

- Blog posts & recipes
- Newsletter copy
- Nutrition handouts & e-guides
- Workshops

SOCIAL MEDIA

- Social media engagement
- Instagram Reels, stories & feed posts
- Instagram takeover
- Facebook & Instagram Live

AND MORE!

