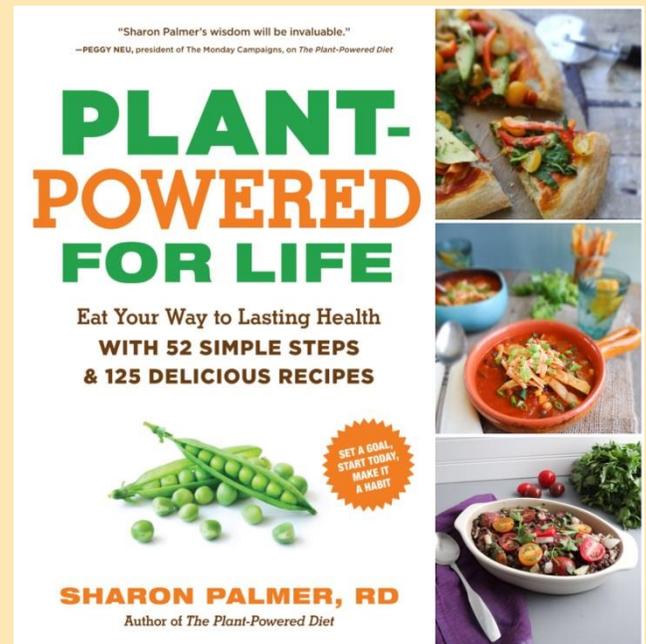
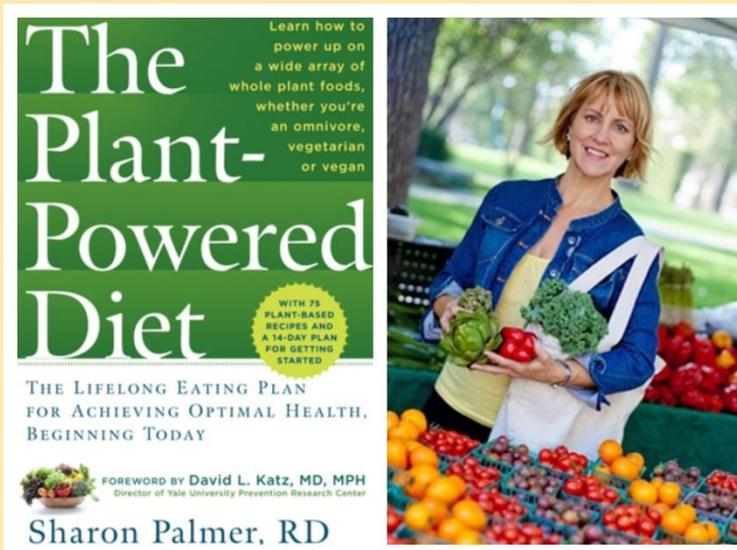


# Sharon Palmer, RD

## The Plant-Powered Dietitian™



Sharon Palmer, RDN, The Plant-Powered Dietitian™, is an award-winning food and nutrition expert, journalist, and editor. She is author of *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Health, Beginning Today* (The Experiment, 2012) and *Plant-Powered for Life: Eat Your Way to Lasting Health with 52 Simple Steps & 125 Delicious Recipes* (The Experiment, 2014).

Over 850 of her articles have been published in national publications, including *Prevention*, *Better Homes and Gardens* and *Yoga Journal*. Sharon also is editor of *Environmental Nutrition*, nutrition editor of *Today's Dietitian*, blogger for [The Plant-Powered Blog](#), and publisher of her monthly *The Plant-Powered Newsletter*. Her specific expertise is in plant-based nutrition, including flexitarian, vegetarian and vegan diets. She serves as the consultant dietitian for the

Oldways Vegetarian Network, an editor for the Academy of Nutrition and Dietetic's website [eatright.org](#), and judge for the prestigious James Beard Foundation Journalism Awards. Sharon is regularly invited to speak on food and nutrition at a number of events across the country. She is passionate about sharing her enthusiasm for sustainable, delicious, healthy food. Living in the chaparral hills overlooking Los Angeles with her husband and two sons, Sharon enjoys visiting her local farmers market, gardening, and cooking for friends and family.

# Contributing Blogger & Recipe Developer

Sharon offers guest content features with recipes and photography.  
Current contributions include:

**ACTIVE**  
network™



**MEATLESS MONDAY**



**lift**  
caregiving

**Silk**

**OLDWAYS**  
HEALTH THROUGH HERITAGE

**Food & Nutrition Magazine**



**Daisy Health**



PEANUTS:  
**ENERGY**  
for the  
**good Life.**

**SuperKids Nutrition**



**eating free**



**Tomato Products Wellness Council**

**NATURE BOX**



**FOOD & HEALTH**  
With Timi Gustafson R.D.  
"Helping people to live healthy and fulfilling lives."



## EXAMPLES OF GUEST CONTENT CONTRIBUTIONS:

- [Top Ten Plant-Powered Kid Friendly Eating Tips for SuperKids Nutrition](#)
- [A Delicious Start to a New Year for the National Peanut Board](#)
- [Fall in Love with Legumes for Bob's Red Mill](#)
- [Whole Grain Goodness for Eating Free](#)
- [Dark Chocolate Date Cookies for the NatureBox Blog](#)
- [Figure-Friendly Fig Dessert for Active Network](#)
- [Summer Heat Calls for Southwestern Stuffed Avocado for Stone Soup](#)
- [Let Daisy Brand Cottage Cheese Inspire You for Meatless Mondays for Daisy Brand Health](#)
- [Say "Hello" to the New and Improved Lunch Break for the Tomato Wellness Products Council](#)
- [Fro-Yo \(Dairy\) Freedom! for SILK](#)

## Sharon Palmer, The Plant-Powered Dietitian™

| SHARON PALMER, THE PLANT-POWERED DIETITIAN SERVICES - 2014   |
|--|
| <b>plant-powered expert</b>  |
| nutrition ambassador:<br><i>In-house guest nutrition expert, which includes one blog per month, weekly social media, one monthly in-house conference call consultation for food and nutrition advice, one media interview per month, once weekly correspondence with clients and customers, name and headshot on website</i> |
| twitter/Facebook party expert  |
| speaking engagement/presentation   |
| presentation with cooking demo   |
| online webinar   |
| consulting, nutrition expertise  |
| <b>content development</b>   |
| blog/article   |
| blog/article with promotion on social media channels   |
| website content: articles, white paper   |
| <b>recipe development with nutrition analysis</b>  |
| with low-res photography suitable for a blog   |
| with high-res photography suitable for ad campaign   |
| use of my Plant-Powered Diet Recipe with attribution to Sharon Palmer, The Plant-Powered Dietitian™  |
| <b>advertisements</b>  |
| website and newsletter sponsorships, banner appearing on newsletter and website  |
| banner advertisements, banner appearing on left sidebar of blog  |
| <b>giveaways</b>   |
| sponsored post with review on Plant-Powered Blog & associated social media promotion   |
| sponsored post with review on Plant-Powered Blog, associated social media promotion & facilitation of <u>daily</u> giveaway  |
| sponsored post with review on Plant-Powered Blog, associated social media promotion & facilitation of <u>weekly</u> giveaway   |
| sponsored post with review on Plant-Powered Blog, associated social media promotion, facilitation of daily giveaway, & inclusion in Plant-Powered monthly newsletter   |

