



Shelly Marie Redmond, MS, RD, LDN

Queen of Healthy Cajun Cuisine

Culinary Dietitian, Author, Speaker, Recipe Developer

Author: Skinny Louisiana...in the Kitchen

Having won her first cooking contest at the **age of 12**, Shelly Marie Redmond, MS, RD, LDN, lives for the kitchen. Shelly is an award-winning **culinary dietitian, speaker, spokesperson** and **founder of Skinny Louisiana™**. Known as the **Queen of Healthy Cajun Cuisine**, she develops recipes and conducts monthly food demonstrations with a focus of **Louisiana Living and Cooking with a 'skinny' twist**. You may think she prepares boring, tasteless snacks and vegetable trays, think again. With topics such as **Tailgating Finds, a 'Frozen' Party, and 'Ugly Christmas Sweater Party Treats,'** Shelly combines fun and tasty foods with a mixture of pantry-friendly ingredients and lots of creativity yielding delicious dishes all with a **'skinny' twist**. She combines all these creative, Louisiana-based recipes in her book, ***Skinny Louisiana...in the Kitchen*** (Pelican Publishing 2017). In 2016, she was named to the 40 Under 40 Class by the Shreveport YPI and Chamber of Commerce.

Shelly is a partner in Eberhart Physical Therapy working with clients on **weight loss, diabetes, and food allergies** and is a highly sought after media source for delivering nutrition and wellness information.

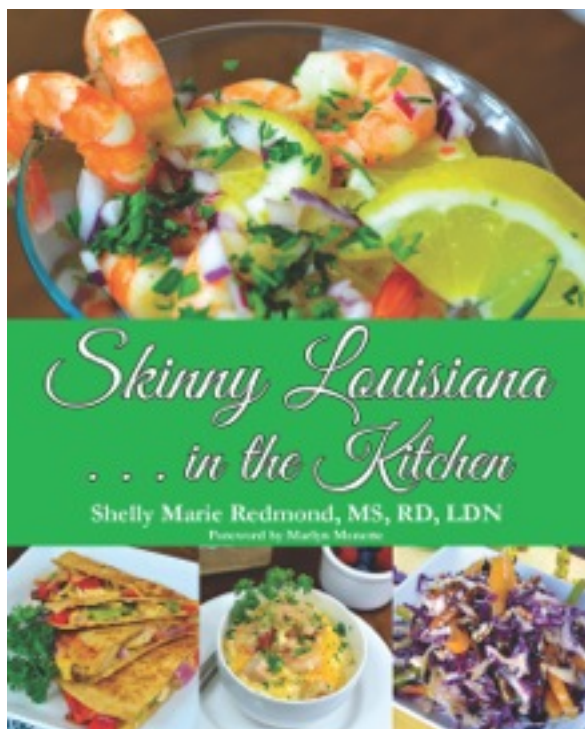
Shelly is a widely recognized media expert. She brings **fun and creativity** weekly **as the nutrition expert** every Fridays on **NBC-Affiliate KTAL News 6 Today Morning Show**. She has given countless interviews for **CBS and ABC-Affiliate** stations on various nutrition and lifestyle topics. For 2 years, Shelly was the recognized face on Shreveport's CBS-Affiliate station KSLA News 12 weekly health segment 'Food in Five.'

Shelly has served as a media spokesperson for the **Southeast United Dairy Association, Frito-Lay Sun Chips and Tostitos, California Raisins, California Pistachios, KIND Bars, and the Canned Food Alliance**. She has worked on social media campaigns for **Welch's, Best Buy, and Verizon**.

In 2015, Shelly's southern culinary flare was showcased as she filmed a web commercial for the **Southeast United Dairy Association** featuring her **Skinny Louisiana Shrimp Bread**. **Men's Fitness Magazine** named her Skinny New Orleans Barbecue Shrimp as **'One the 50 Healthiest Recipes Known to Man.'**

Shelly has been quoted or had her Skinny Louisiana recipes featured in **BuzzFeed, Self, Shape, Cosmopolitan, Women's Health, Men's Fitness, Fox Business, The Shreveport Times, City Life, and The Forum**.

You can find her embracing her Cajun roots in her kitchen with her Yankee husband, 2 children, and 2 cats, Gizmo and Theodore Roosevelt.



Shelly can leader her expertise in the following areas:

- Weight Management
- General Nutrition and Wellness
- Women's Health
- Diabetes Management
- Heart Disease
- Cooking Demonstrations
- Trade Shows
- Louisiana Cooking and Cuisine
- Recipe Development
- Book Signings

Media-Savvy....Entertaining.....Creative

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What Others Are Saying About Shelly:

Shelly's *energy is contagious!* She possesses a wealth of knowledge that she's able to convey to viewers *professionally and passionately*. Each time Shelly joined us we knew we were getting a *well thought, creative segment*. In morning news, that's invaluable.

~Dan Jovic

NBC 6 News Anchor & 2-Time Emmy Award Winner

Shelly Marie Redmond has elevated the *culinary and nutrition food demonstration landscape tenfold*. She's like a *walking, talking Pinterest board* and combines *whimsy and interest* to each of her media segments and food demonstrations. She brings the know-how when it comes to nutrition and the how-to when it comes to making it *creative and interesting* to the audience.

~Robin Plotkin, RD

Blogger, Dallas Morning News

Recipe Developer, Culinary Dietitian

If you want people to listen, you have to be able to not just get, but *hold their attention*. Few nutrition professionals in the media *do this better* than Shelly Marie Redmond. She's *creative, inspiring and uniquely entertaining*. Who knew someone so knowledgeable could be so much fun!

~Cindy Heroux, RD

Speaker, Author, Consultant

Author: The Manual That Should Have Come With Your Body

Shelly's "*skinny*" food creations, as well as her *bright wit* and *enthusiasm, drawing people in like a magnet*, and she is in demand as a guest speaker, where she never fails to put a *spark* in her audience as she teaches them about smart food choices. I wouldn't miss her monthly "*Cooking with the Dietitian*" classes where she captures her audience's attention while dispensing a *hearty dose of smart cooking* tips, followed by a sampling of her *delicious cuisine*.

~Marlyn Monette

Food Writer, The Shreveport Times Newspaper

Author: So Good, Make You Slap Your Mama! & So Good, Make You Slap Your Mama! II

Catch Shelly on KTAL NBC 6 News

Shelly and/or her Skinny Louisiana recipes
have been featured in:



Men's Fitness named Shelly's Skinny New Orleans Barbecue Shrimp one of
the '50 Healthiest Recipes Known to Man.'

Shelly has worked with the following companies:

Southeast United Dairy Association
California Raisins
California Pistachios
Frito Lay
Canned Food Alliance
I Can't Believe It's Not Butter
KIND Snacks
Mazola

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Speaking Topics

In addition to the topics below, Shelly is happy to design a program to meet the unique needs of your organization.

Skinny Louisiana: 3 Ways to Live Louisiana Life with a Skinny Twist

Gumbo. Jambalaya. Fried Shrimp. Dishes we love, yet avoid because of the ‘f-words.’ Fear of fat! Guess what? You don’t have to have fear. Shelly Marie Redmond, culinary dietitian, founded Skinny Louisiana to allow us to have all our Louisiana dishes and live our life with a ‘skinny’ twist. In the presentation, Shelly goes over her 3 top tips she uses on her successful weight loss clients on living a ‘Skinny Louisiana’ life with a skinny twist.

The Super Foods of Louisiana: The Healthiest Anti-Aging Foods and Dishes from our Beloved State and Coast.

While many think of Louisiana food as fat, fat and fat, most do not realize our state is a top producer in foods that are incredible for our health and are anti-agers. Louisiana pecans are a rich source of omega-3 (heart-health), Louisiana sweet potatoes are an amazing source of vitamin A, and boiled and grilled Louisiana seafood is a wonderful source of protein. From the Louisiana homeland and waters to your plate, this presentation will have you enjoying our state foods while reflecting health and flavor.

Skinny Louisiana: A Culinary Tour Reflecting the Past, Present, and Future of Louisiana Food History

Giving the gift of cooking by her 2 Cajun grandmothers, Shelly’s culinary history dates back to the days her grandmother Edna trolled and her grandmother Louise ‘cranked’ and ‘churned’ dishes. Discover the food heritage of our state as we take a stroll back and discuss the cultures that formed our incredible Louisiana food scene as well as the future with food pairings using our indigenous foods.

Skinny Louisiana in the Kitchen: How to Modify our Favorite Louisiana Dishes without Losing Flavor

Want a fun, lively cooking demonstration for your crowd? This presentation is a hit! Shelly walks through our favorite Louisiana dishes and teaches all how to re-work each recipe (and your own personal recipes) using SIMPLE and REAL ingredients from the local supermarket to save at least 1/3 fat, calories, and carbs of your favorite Louisiana dishes!

Skinny Louisiana for the Professional: The Three Secrets of a Productive Employee!

Based off Shelly’s book, *Skinny Louisiana...in the Kitchen*, she reviews HER 3 simple eating and living well habits for the professional to look, feel, and be absolutely fabulous and productive at work and home! You will decrease stress and increase productivity using her secrets the second you walk out of the presentation!

What Can My Patient Eat? A Nutrition Guide for Health Professionals

Heart disease? Cancer? High blood pressure? It is difficult for health professionals to navigate the field of nutrition with patients due to short patient interaction time. What can we tell our patients? This presentation will give you the nutrition tips and goals to discuss with your patients, as well as learn the best foods in preventing heart health and cancer prevention.

Let’s Cook! A Cooking Demonstration with Skinny Louisiana!

Want a fun, lively cooking demonstration for your crowd? Shelly can bring your crowd 1, 2, or 3 fun dishes from her book, *Skinny Louisiana...in the Kitchen*. Shelly walks through each recipe and gives simple tips on how to modify recipes to fit heart-healthy, diabetic-friendly and weight loss guidelines. (Great for a celebration during Heart Health Month, Diabetes Month, Health Fairs, Trade Shows, and/or Race Celebrations)

Skinny Louisiana...in the Kitchen Book Signings

Shelly can sign her book, *Skinny Louisiana...in the Kitchen* and add fun to your events, trade shows, and conferences.