



When it comes to getting dinner on the table every night, Leanne Ely literally wrote the book on the subject. In fact, this **New York Times best-selling author** of “*Body Clutter*” and the “*Saving Dinner*” series of cookbooks has made it her life’s mission to bring families back to the dinner table - one healthy, wholesome meal at a time. “Good health, family connections, and a healthy lifestyle all begin at the kitchen table,” says Ely. “It all starts with quality, wholesome meals, and inspiring the hands that prepare them.”

There are many voices in the public arena of “healthy meals & cooking” today. But only one is most widely regarded as the go-to leading expert on family meal planning. *Woman’s Day* magazine refers to Leanne Ely as “the expert on family cooking.” And for over a decade, she has inspired and instructed women on the finer art of planning and preparing quality family meals quickly, putting an end to the all-too-often last-minute “What’s for dinner?” dilemma.

Leanne Ely is a certified nutritionist and host of SavingDinner.com, and her loyal and growing audience follows her across all media:

- Ely’s syndicated column, “*The Dinner Diva*,” appears in 250+ newspapers in the U.S. & Canada.
- She hosts the popular “*Saving Dinner with Leanne Ely*” radio show and “*Cook Along with Leanne*” online interactive cooking series (where celebrities drop in to gab while cooking up favorite dishes).
- Ely is a sought-after motivational speaker (women’s conferences, television appearances, National Press Club, etc.).
- and, her cooking advice has been featured in *USA Today*, *The Wall Street Journal*, *The New York Times*, *Real Simple*, *Reader’s Digest*, *Family Circle*, *Redbook*, *Parenting*, and more.



Demonstrating how to make easy, healthy meals with wholesome ingredients is Leanne's passion. Whether she's sharing how to prepare a family dinner in 15-minutes, teaching basic kitchen skills, sharing helpful hints and moneysaving tips, teaching how to pack the perfect picnic basket or showing how to navigate farmers markets for fabulous farm-to-table family dinners, Leanne is *your* best friend in the kitchen.

Amidst an ever-increasing steady stream of projects, a demanding schedule, work travel, and a new book, Leanne still remains unaffected. Like the millions of women who turn to her for help in the kitchen, she too juggles work and family, yet her priorities as a mom and wife are what ground her. She approaches the coming months with an air of excitement and "joie de vivre" that permeate everything she does.

"This is what's important," insists Ely. "Family, good food, a focus on healthy choices in the kitchen. These are the fundamentals of a good life. And bringing families back to the table for these things is why I do what I do," she adds with a smile and laugh.

Learn more about Leanne Ely at www.savingdinner.com

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