



Alyssa Gagarin

Alyssa, founder of Meal Prep Chef, is a wellness professional who has used her skills to make a positive impact in people’s lives through food, nutrition and fitness. As an entrepreneur, she started her business to give New Yorkers a simple solution for eating nutritious home-cooked meals that accommodate all of their personal dietary needs. Meal Prep Chef is a weekly in-home personal chef service creating customized menus for each client’s unique individual needs and highlighting the use of real, whole, unprocessed foods. Prior to Meal Prep Chef, Alyssa was a healthy personal chef, independent personal trainer and group fitness instructor at CityRow and TS Fitness. Her YouTube cooking show is a super energetic, fun way to give her audience access to delicious wholesome recipes. Alyssa’s work has been featured with publications such as Shape Magazine and Refinery29 and she has made a guest appearance on ABC’s The Chew and NBC’s New York Live. She is Nutritious Life certified through Keri Glassman’s The Nutritious Life Studio. She believes that eating home cooked food is the simplest way one can improve their health and helps others make that a reality through her cooking show and Meal Prep Chef.