

The
self
-love
Cook

2024 Media Kit



MY JOURNEY

Picture this: You're pouring your heart out to someone new... and then, radio silence. Remember those lonely nights fueled by junk food and self-doubt?

Yup, been there too. But sis, something had to change! I realized I was looking for validation in the wrong places. It was time to start a connection with myself.

The kitchen became my escape, where I learned to create nourishing meals that celebrated me. It was about listening to myself, being kind to myself, and filling my own cup. Self-love isn't a destination; it's a daily practice.

Chantee Lackey-Williams

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CONNECT



BRAND SUMMARY

The Self Love Cook is all about transforming your relationship with food and fitness into a powerful journey of self-care. I help women ages 25-45 ditch the diets, break free from unhealthy cycles, and discover the joy of fueling their bodies and souls with delicious, wholesome meals.

CURRENT PARTNERSHIPS



ONE OF THE FIRST BRAND
AMBASSADORS FOR PLANET
FITNESS



ON GOING TRAVEL HOPPER
APP UGC CREATOR



ON GOING HAIR/BEAUTY
UGC CREATOR

PARTNERSHIP OPPORTUNITIES

I offer a unique and powerful platform to connect with a dedicated audience. My story of resilience and my vibrant approach to self-love inspire others to take positive steps toward better health and well-being. Here's how we can collaborate:

Brand Ambassador:

I can represent your brand through ongoing partnerships, social media promotion, and event appearances, leveraging my authentic voice and connection to the themes of self-love and healthy living.

Motivational Speaker:

I share my story of overcoming a spinal cord injury and finding self-love through food and fitness. This aligns your brand with messages of resilience, positivity, and inclusivity.

PARTNERSHIP OPPORTUNITIES

Customizable Meal Plans:

Designed to promote your health-focused products.

"Self-Love Chef" Cooking Demonstrations:

Live or pre-recorded, showcasing your products and recipes in an engaging manner.

Social Media Collaborations:

My highly engaged audience finds my content relatable and motivating. Collaborations can include:

- **Sponsored Content:** Authentic integration of your products into my self-love and healthy living content.
- **Recipe Development:** Creating delicious, healthy recipes featuring your brand.
- **Product Reviews & Giveaways:** Generating excitement with honest reviews and engaging contests for my followers.

PARTNERSHIP OPPORTUNITIES

"Walk with Me" Challenge Creator:

I'll design and promote a virtual fitness challenge promoting accessible movement. This builds community, showcases your brand's commitment to inclusivity, and taps into my ability to motivate people, regardless of ability.

Recipe Development & Content Partnerships:

I'll create exclusive, delicious recipes featuring your products and share them through blog posts, social media, or cooking demonstrations. This highlights the taste and versatility of your offerings.

Ingredient Spotlights:

Let's explore exciting healthy ingredients! I'll showcase the nutritional benefits and creative uses of your featured ingredient to build awareness and inspire my audience.

WHY PARTNER WITH ME?

Powerful Personal Story:

My journey of overcoming a spinal cord injury and finding self-love demonstrates resilience, empowerment, and the transformative power of believing in yourself. Partnering with me aligns your brand with these values and connects you with an audience hungry for inspiration and the tools to build a better, healthier life.

My "Healthy is Delicious" Philosophy:

I make healthy eating appealing and enjoyable, filling a gap for many brands.

Engaged Community:

My audience is receptive to new products and eager for trusted recommendations.

Authenticity:

My personal wellness journey builds credibility with health-focused consumers.



LET'S COLLABORATE!

Chantee Lackey-Williams

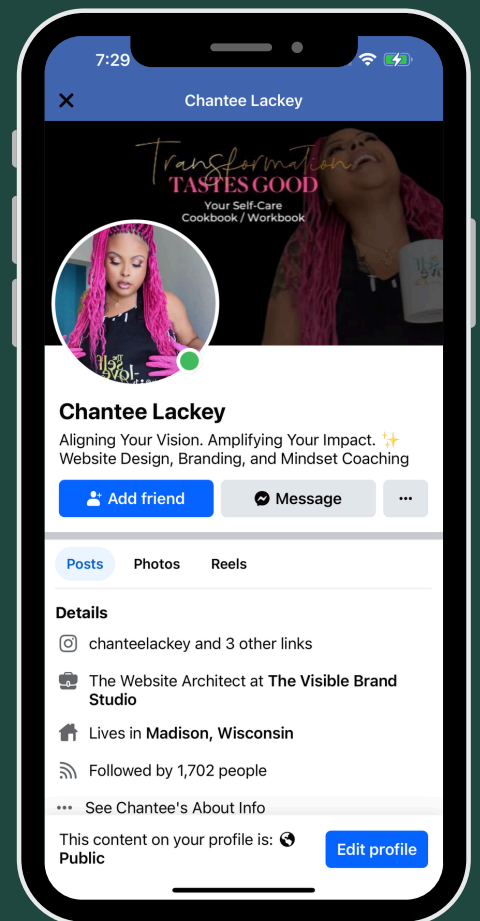
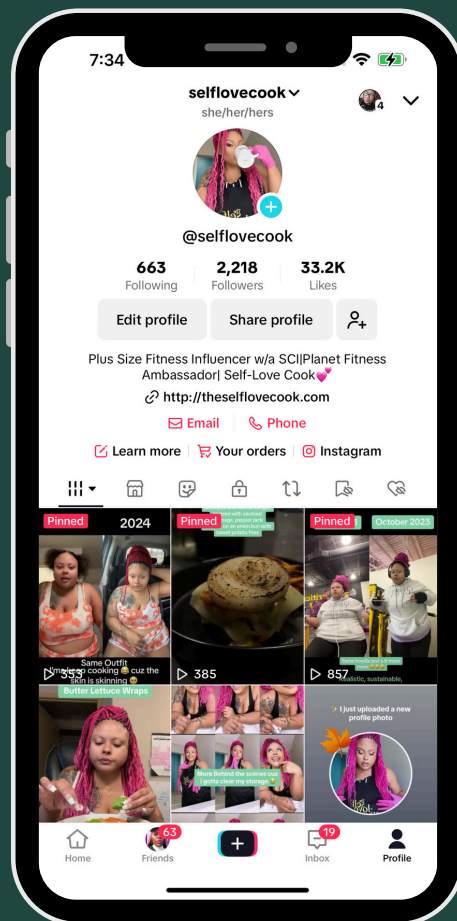
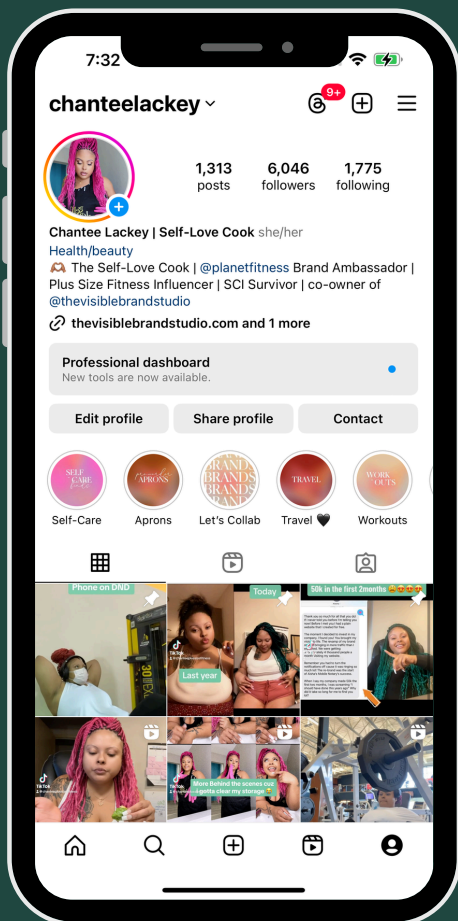
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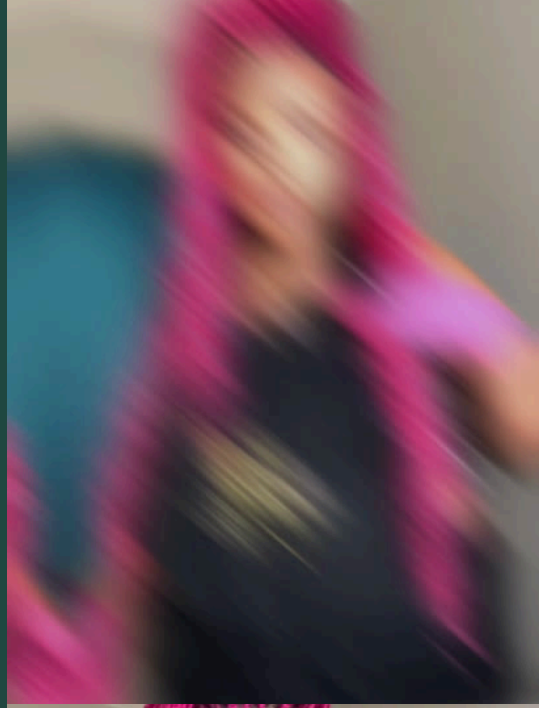
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MEDIA

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