

I'm

Taiyyibah Moughal

SPORTS DIETITIAN & MEDIA SPOKESPERSON PERSON

Empowering Athletes Through Evidence-Based Nutrition

As a performance sports dietitian and health coach, I specialize in helping athletes unlock their full potential through strategic nutrition and sustainable habits. My practice focuses on optimizing sports performance, proper fueling strategies, and building healthy eating behaviors that last beyond competition day.

My insights on nutrition have been featured across multiple media outlets, positioning me as a trusted voice in the sports nutrition space with an engaged audience of dedicated athletes.

What I Bring to Brand Partnerships: I'm passionate about connecting my audience with brands that genuinely support their athletic goals and nutritional needs. Through authentic partnerships, I help brands reach dedicated athletes who are actively seeking quality products and services to enhance their performance and health.

As Seen In

EatingWell · WellnessPulse · yahoo!health · msn · Aol. · REAL SIMPLE · flow SPACE · The New York Times · GQ

About Me

RECIPE



SPORTS



GARDENING



BODY COMP



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REACH

Social Media
Following
5.6K+

Engagement
Rate >68.42%

Estimated
Views
3.7M+

Media
Interview
Audience
548M+

SERVICES

- Partnership Opportunities
- Content Creation & Social Media
  Dedicated posts and stories, product and recipe reels, recipe development and cooking demonstrations, blog posts with product reviews and nutritional insights
- Media & Speaking Broadcast, print, and web interviews, nutrition presentations, speaking engagements at events and trade shows, expert commentary featuring your products
- Engagement & Amplification
  Authentic social media engagement, product integration in ongoing content, ongoing collaborative partnerships

Let's create a partnership that resonates with athletes and delivers results for your brand.

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THE BEAST DIETITIAN
EMPOWER YOUR BEAST
SPORTS. FIGHT. WELLNESS.

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