



Patricia Kolesa

Registered Dietitian Nutritionist

Patricia is a registered dietitian with 4 years of experience and owner of Dietitian Dish LLC, a virtual nutrition practice based in New Jersey. She has been featured in news articles on Food Network, Yahoo!, Insider, Fox News and more. Patricia wants to help women ages 20-50 make meaningful changes to their nutrition without the added stress of dieting.

SPECIALTY AREAS

- ✓ Womens Health
- ✓ High Blood Pressure
- ✓ High Cholesterol
- ✓ Type 2 Diabetes
- ✓ Cardiovascular Disease
- ✓ Prediabetes



@thedietitiandish

SERVICES OFFERED

SPEAKING ENGAGEMENTS

- Lunch and Learn
- Cooking Demonstrations
- Virtual presentations
- Podcast Interview
- Special Events

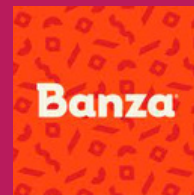
SOCIAL MEDIA

COLLABORATIONS

- Sponsored Posts
- Instagram Live
- Instagram Stories



BRANDS I'VE WORKED WITH



Get in Touch!

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