

HEALTHY CHEF CHALLENGE PERSONAL CHEF ROUND



SAMANTHA MIOLA

Registered Dietitian & Personal Chef

Samantha Miola is a Registered Dietitian, health coach, and personal chef raised in Scottsdale, Arizona who found her way to Oak Park, IL to further her career in health and wellness by completing a combined dietetic internship and MBA program at Dominican University.

Sam believes that food and nutrition should be easy, transparent, and most of all enjoyable! She is passionate about helping her clients find a balance in their health and wellbeing to create a lifestyle that allows them to thrive! Sam describes her cooking style as simple and comforting with a healthy twist.