



## Michelle May Bios

### 1-Sentence Bio

Michelle May is the founder of Seva Foods and Benjii's Canine Cuisine, as well as a plant based chef, nutrition geek, longtime yogi, animal rights activist, dog mom and Vegan Ladyboss organizer.

### Short-Length Bio

Michelle May is the founder of Seva Foods and Benjii's Canine Cuisine, as well as a plant based chef, nutrition geek, longtime yogi, animal rights activist, dog mom and Vegan Ladyboss organizer. With a lifelong love for food, Michelle is passionate about helping improve the lives of individuals and the health of the planet through the way we eat. She is a graduate of culinary and nutrition programs at Matthew Kenney Culinary and is also certified in Plant-Based Nutrition through Cornell University. Having worked for over a decade in tech, as a web developer and graphic designer, Michelle transitioned to the wellness industry in 2015. Prior to founding Seva Foods in 2017, she was a recipe developer and provided community cooking classes, nutrition workshops and private chef services.



### Medium-Length Bio

Michelle May is the founder of Seva Foods and Benjii's Canine Cuisine, as well as a plant based chef, nutrition geek, longtime yogi, animal rights activist, dog mom and Vegan Ladyboss organizer. With a lifelong love for food, Michelle is passionate about helping improve the lives of individuals and the health of the planet through the way we eat.

She is a graduate of culinary and nutrition programs at Matthew Kenney Culinary and is also certified in Plant-Based Nutrition through Cornell University. Having worked for over a decade in tech, as a web developer and graphic designer, Michelle transitioned to the wellness industry in 2015. Prior to founding Seva Foods in 2017, she was a recipe developer and provided community cooking classes, nutrition workshops and private chef services.



She lives in Encinitas, California with her husband, Elia and their 4 dogs and loves to hike and spend time experimenting in the kitchen.

### Long Bio

With a lifelong love for food, Michelle May's mission is to improve the lives of individuals and the health of the planet through the way we eat.

She has been passionate about plant-based foods for the past 13 years, motivated by the exceptional health that we can achieve through proper nutrition.

She is a graduate of culinary and nutrition programs at Matthew Kenney Culinary and is also certified in Plant-Based Nutrition through Cornell University. Having worked for over a decade in tech, as a web developer and graphic designer, Michelle transitioned to the wellness industry in 2015. Prior to founding Seva Foods in 2017, she was a recipe developer and provided community cooking classes, nutrition workshops and private chef services.

Since launching Seva Foods, Michelle has created Space Ice Kream, the world's first and only dairy-free, freeze-dried ice cream and Coconut Jerky, the only 100% organic coconut jerky product manufactured and sold in the US.

Michelle May is also the founder of Benjii's Canine Cuisine, as well as a plant based chef, nutrition geek, longtime yogi, animal rights activist, dog mom and Vegan Ladyboss organizer.

She lives in Encinitas, California with her husband, Elia and their 4 dogs and loves to hike and spend time experimenting in the kitchen.

### 5 Fun Facts

1. Michelle was raised as a vegetarian in rural area outside of Houston.
2. She has a diverse ethnic background. Her mother was Jewish and Ukrainian and on her father's side, she is German, Irish and Native American.
3. She has 3 canine children - 1 Vizsla, Bodhi and 2 Chihuahuas, Pablo and Shoshanna.
4. She studied in St. Petersburg, Russia for a semester in college.
5. She has a large tattoo of Ganesh on the right side of her torso.

### Social Links

Facebook: <https://www.facebook.com/mmaydesign>

LinkedIn: <https://www.linkedin.com/in/mmaydesign/>

Instagram: <https://www.instagram.com/ahimsasana/>