

Marita Lynn

A Culinary Ambassador Merging Peru, Wellness, and Creativity

Born and raised in Lima, Peru, I am passionate about sharing the rich flavors and traditions of Peruvian cuisine. My journey began in a family where food was central—learning early and creating ceviches at 14. After moving to the U.S. in 1991, I trained at the **prestigious Institute of Culinary Education in NYC**, working in top restaurants like **Jean Georges, Daniel Boulud's Feast & Fêtes, and The Bernards Inn in New Jersey.**

In 2004, I **founded Catering by Maria**, serving high-profile clients and cultural icons. I also opened **Runa Peruvian Cuisine in Red Bank**, which earned numerous accolades, including **"Best Diner's Choice"** and features in **NJ Monthly, Vogue,** and other prominent outlets.

Recognizing the importance of food in supporting health, I **became a Certified Holistic Nutritional Coach** through the **Institute for Integrative Nutrition**. I am also an **active member of Women Chefs & Restaurateurs** and the **American Nutrition Association**, both dedicated to promoting evidence-based wellness.

In 2021, I **founded *My Kitchen Intuition***—a platform where I teach cooking classes and offer coaching to help people transform their lives through nourishing foods. Now, as I rebrand, my mission is to **combine my culinary expertise with holistic healing**. I empower women to achieve lasting health, confidence, and vitality—helping others thrive from the inside out

This is more than my story—it's your invitation to discover the transformative power of food. Let's embark on this journey together, because you deserve to feel vibrant, balanced, and alive.