

Robin Miller, M.S.



Robin Miller has 18 years of experience as a food writer and nutritionist and is the author of the best-selling cookbook “Quick Fix Meals.” Her popular show, *Quick Fix Meals with Robin Miller*, currently airs on Food Network, and her prime time show, *Robin to the Rescue* premiered on Food Network in March 2007.

Robin’s recipes and nutrition features can be seen regularly in a variety of magazines, including *Clean Eating*, *Experience Life*, *Guideposts*, *Cooking Light*, *Health*, *Fit Pregnancy*, and *Toddler*. Robin is also the author of eight books including her latest, *Robin to the Rescue*.

Robin has been a guest on hundreds of local and national television and radio programs and has hosted home videos (for Jane Fonda), cable television vignettes (for Food Network and a variety of food companies) and spoken at media events in various markets nationwide.

She regularly appears on local, network and cable television, with past appearances including *The Early Show* (CBS), *Regis & Kelly*, *The View*, *The Today Show* (NBC), *Good Morning America*(ABC), CNN, *ABC Eyewitness News* and *CBS Evening News*.

As a nutrition expert, chef and mother of two, Robin has teamed up with Tyson Foods to give busy families strategies and tips using *Tyson® Fully Cooked Chicken and Steak Strips* to create faster, lighter and budget-friendly versions of favorite meals.