



FOR IMMEDIATE RELEASE

May 17, 2023

Media Contact: Melanie McCraney  
[melanie@mccraneypr.com](mailto:melanie@mccraneypr.com) (205)910-1323

**Chef Virginia Willis shares weight loss journey on Rachael Ray Show  
She also demos a favorite recipe that's part of her secret to success**

(Atlanta GA) Chef Virginia Willis cooked up one of her a favorite recipes on May 17 on the Rachael Ray Show. She made her recipe for her popular Turkey Meatloaf while sharing another formula that's been a life-changer, her healthy lifestyle plan that helped her shed 65 pounds and keep it off. Helping people learn to eat healthier has become a big part of Virginia's culinary mission, and her mantra of late reflects that.

"If a French-trained southern chef can do it, you can too. I want to inspire people," she says, referring to her weight loss and her belief you can eat foods that are delicious, even sometimes indulgent and decadent- and still lose weight and become healthy and strong. "Eat the ding dang cake," she says, while encouraging an overall pattern of healthy eating and lifestyle habits that lead to weight loss and better overall health.

Best known as a James Beard award winning cookbook author, media producer and food personality, Virginia is as proud of her work in motivating people to prepare and eat meals that are healthy and delicious as she is of her work in the kitchen with Martha Stewart, Bobby Flay and others.

"I'm thrilled to have the opportunity to share my story with Rachael Ray's audience. I've long admired Racheal's cooking talent and her talent for making the kitchen a friendly place where people can have fun, try new things, and make dishes they can enjoy with family and friends. She doesn't overcomplicate things, and that's a real confidence- builder," says Virginia.

Keeping things simple in the kitchen is a core value of Virginia's formula for helping people develop healthier eating habits and lifestyles. While fresh fruits and veggies are an important part of a healthy diet, variety is essential, and Virginia looks for ways to help spice things up while keeping people on track with healthier living.

The turkey meatloaf recipe Virginia shares on the Rachael Ray Show is found in [Fresh Start: Cooking with Virginia. My Real-life Daily Guide to Healthy Eating and Weight Loss](#) and is also available [here](#).

**MORE**



## About Virginia Willis

Virginia Willis is a James Beard award-winning cookbook author, television personality, content creator, motivational speaker, LGBTQ icon, and social media influencer.

Georgia born French-trained chef Virginia Willis has foraged for berries in the Alaskan wilderness, harvested capers in the shadow of a smoldering volcano in Sicily, and executed the food styling for a Superbowl commercial seen by over 160 million people.

Beginning in 2019 Virginia lost 65 pounds and has kept it off for over 2 1/2 years. Her health journey has been documented in *Eating Well* magazine, *All Recipes* magazine, AARP, and as a cover story for *Woman's World*.

She is a chef instructor for the Food Network Kitchen, a James Beard award-winning cookbook author, and member of the Seafood Watch Blue Ribbon Task Force. Her cookbooks include **Fresh Start; Secrets of the Southern Table; Lighten Up, Y'all; Bon Appétit, Y'all; Basic to Brilliant, Y'all; Okra;** and **Grits**. Learn more about Virginia and follow her good and good-for-you recipes and traveling exploits at [www.virginiawillis.com](http://www.virginiawillis.com).

END