

Chef Jamika's cooking style is "Caribbean Heat meets Southern Sweet," and her mouth-watering recipes offer bold flavors and unexpected twists for meals for any occasion. Jamika's biggest culinary influence was her Caribbean grandmother, who showed her how to cook great meals and how to make sure that all felt well-fed and well-loved. Jamika started her professional career as a marketing executive, but soon realized that corporate life was not for her. She traded in her business suit for a chef's coat, and has never looked back.

Jamika officially became "Chef Jamika" after graduating from the International Culinary School at the Art Institute in Atlanta, Georgia. After studying in Italy and Austria, and working at the Ritz Carlton Hotel, Chef Jamika launched Life of the Party Catering – becoming *the* Celebrity Chef for high-profile clients including musicians, athletes, and entertainers.

Chef Jamika launched her television career on Food Network's *Next Food Network Star* in 2009 as a "fan favorite" contestant, and has since appeared on a number of nationally-acclaimed television shows including, Good Morning America, The Wendy Williams Show, and the Tamron Hall Show.

During the past 3 seasons, Chef Jamika appeared weekly as a co-host on the popular daytime TV show, Dr. Oz. "The Dish" segment is where she showcased new and exciting recipes, perfect for home chefs looking to boost their own menus with some Chef Jamika creativity.

January 17, 2022 marks the beginning of a new era for Chef Jamika. The new daytime TV show, The Good Dish, launches with her starring alongside co-hosts Daphne Oz and Gail Simmons. The series elevates everyday recipes, shares simple shortcuts and gives viewers the inside scoop on their favorite celebrities, while revealing the hottest beauty and fashion trends. The Good Dish always answers the all-important question: "What's for dinner?"

Chef Jamika inspires her fans. She shares her personal stories about how to win and create the life of your dreams. She lives out loud, with a can-do spirit and a life full of love, laughter, and style.

Jamika Pessoa: **A classically-trained Chef, Television Host, Influencer, Speaker, Wife and Mother.**

