Duchess Nena - Media Kit

Professional Name: Duchess Nena
Full Name: Nena Ubani
Credentials: Certified Plant-Based Nutritionist & Chef, Holistic Educator, Herbalist-Doula, Author, Editor-in-Chief of Vegan Melanated Magazine
Location: United Kingdom
Contact: duchessnena@gmail.com
Website: duchessnena.com
Social Media: @duchessnena (Instagram, Twitter, Facebook, TikTok)
LinkedIn: uk.linkedin.com
Founder: Uziiza.com (First Online African Vegan Food Hub)

About Duchess Nena

Duchess Nena (Nena Ubani) is a certified plant-based nutritionist, chef, herbalist-doula, and Editor-in-Chief of Vegan Melanated Magazine. As the founder of Uziiza.com, the first online African vegan food hub, she uniquely blends West African culinary tradition with modern nutrition science and holistic wellness. After a personal healing journey through long COVID and fibromyalgia, Nena developed a holistic system that empowers others, especially those recovering from burnout, chronic fatigue, or autoimmune conditions to reclaim their energy and joy through vibrant whole foods, cultural wisdom, and mindset healing.

My Book

*Drained as F*ck*: A 30-Day Plant-Based Reset Programme to Reclaim Your Energy, Happiness, and Purpose

A practical, compassionate guide for anyone feeling exhausted or disconnected. Duchess Nena's 30-day reset blends plant-based meal plans, affirmations, and lifestyle tools rooted in her own recovery from long COVID and fibromyalgia.
Key Features:

- Science-backed strategies for energy, mood, and gut health
- Simple, delicious recipes and meal plans
- Mindset and self-care routines for lasting change
- Tools for overcoming burnout, brain fog, and low motivation

Speaking & Media Topics

- Plant-based nutrition for energy and clarity
- Cultural influences in vegan cuisine (African & diaspora flavours)
- Holistic healing post long COVID and autoimmune conditions
- Building community through food—Uziiza.com & Vegan Melanated
- Herbalism, doula principles, and the gut-brain connection

Collaborations & Media Appearances

- BBC: Featured guest and commentator on plant-based nutrition, food culture, and wellness.
- Spotify: Led a special virtual plant-based cooking class for Spotify staff, sharing practical recipes and wellness tips.
- Schools: Delivered plant-based nutrition and wellness workshops in UK schools, inspiring students to explore healthy eating and self-care.
- Vegan Melanated Magazine: Editor-in-Chief, regular contributor, and featured interviews.
- Uziiza.com: Founder and lead curator for African vegan cuisine.
- Panel Speaker: Plant-based wellness, cultural food heritage, and holistic health events (details available upon request).

Testimonials & Endorsements

"Absolutely life-changing."
"I signed up hoping to learn a few new recipes. What I got was a complete mindset shift. Duchess Nena doesn't just teach you how to cook—she teaches you how to care for your body, your culture, and your energy. Every dish felt like a love letter to wellness."
*—**Melissa T.***

"Warm, welcoming and actually doable."
"As someone completely new to plant-based cooking, I was nervous. But Nena made it so simple and joyful. The food was lush, the tips were golden, and the vibe? Chef's kiss. Highly recommend for anyone feeling stuck in a food rut."
*—**Darren E.***

"The jollof rice alone was worth it."
"I've been to a few vegan workshops, but none of them brought the heart and heritage like Duchess Nena's class. African flavours + plant-based wisdom = game-changer. I'm

still dreaming about that smoky jollof."
*—**Ama K.***

"A soulful reset on a plate."
"Nena's class came at just the right time. I was burnt out, eating poorly, and feeling sluggish. Her meals are more than food—they're medicine. I left feeling nourished, inspired, and more connected to myself."
*—**Joanne L.***

"Best gift I gave myself this year."
"I booked the cooking class for my birthday, and wow—what a gift. The recipes were easy to follow, deeply flavourful, and I learned how to cook with purpose. Nena's teaching style is relaxed, encouraging, and empowering."
*—**Shanice A.***

"Perfect for busy people who want real nourishment."
"I work full-time and have two kids. I needed fast, healthy meals that didn't taste like cardboard. Duchess Nena delivered. Every recipe was vibrant, satisfying, and honestly—better than takeout. I feel more energised already."
*—**Priya R.***

Custom Bios

Podcast Guest (80 words):
Duchess Nena is a certified plant-based nutritionist, chef, herbalist-doula, and Editor-in-Chief of Vegan Melanated Magazine. As founder of Uziiza.com—the first online African vegan food hub—she uniquely blends West African culinary tradition with holistic nutrition science. After a personal healing journey from long COVID and fibromyalgia, she authored *Drained as F*ck*, helping others reclaim their energy through nourishing cuisine, mindset shifts, and cultural empowerment.

Book Blurb (45 words):
Chef and nutritionist Duchess Nena (Nena Ubani) bridges African culinary culture and modern wellness in *Drained as F*ck*. Drawing from her overcoming long COVID and fibromyalgia, she invites readers into a 30-day plant-based reset to reclaim energy, joy, and purpose.

Social Media Intro:
Certified Plant-Based Nutritionist & Chef 🍲 | Author of Drained as F*ck | Editor-in-Chief @veganmelanated | Founder @uziiza (African Vegan Cuisine) | Healing with culture & compassion 🌍💚

Sample Interview Questions

- What inspired you to write *Drained as F*ck*?
- How did your own health journey shape your approach to plant-based living?
- What are the most common myths about plant-based diets and energy?
- How do you blend African culinary heritage with modern wellness?
- What's one small change anyone can make today to start feeling better?
- How do mindset and self-compassion fit into your programme?

Contact

Press & Bookings: duchessnena@gmail.com
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Short Author Bio

Duchess Nena is a certified plant-based nutritionist, chef, herbalist-doula, and author of *Drained as F*ck*. She helps busy, burnt-out people reclaim their energy and purpose through practical plant-based strategies, cultural wisdom, and holistic self-care.

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