



# BELINDA MACDONALD



**Location:** Cambridge

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Meet Belinda McDonald, the vivacious food professional whose magnetic personality and passion for vibrant, fun, and flavorful cuisine have made her a household name in New Zealand. Raised on a lifestyle farm in Cambridge, she discovered her love for cooking early on, learning the origin of food through hands-on experiences in planting, foraging, and even milking the house cow.

Belinda's culinary journey took her across the globe after completing an international advanced diploma in Hotel Management. She believes that tasting a culture is key to understanding it fully, and her travels inspired her to share her love for food with the world.

While raising three daughters, Belinda decided to retrain as a secondary school teacher, specialising in food technology and hospitality. She realised that her gift to her children and the community was to educate them about nutrition, well-being, and the importance of sustainable, seasonal eating.

Her breakthrough came in 2014 when she co-won the first season of My Kitchen Rules NZ. Her unique, boldly flavoured style of cooking showcased that food can be both indulgent and healthy. This triumph led to the release of her debut cookbook, My Green Kitchen, which focused on restoring gut health, utilising leftovers, and foraging for superfoods.

Building on her success, Belinda made numerous TV appearances, authored foodie columns, and engaged in keto food vlogging. Her passion for cooking also extended to hosting international foodie retreats and opening New Zealand's first pop-up organic bone broth bar.

Belinda launched her new global keto-themed book, Flavourbomb, in 2022 which features super-fast, crowd-pleasing keto dishes with exciting twists. Followed very shortly after in 2023 with the fabulous Flavour Kiss.

During the Covid lockdown, Belinda launched the Flavourbomb website, providing kitchen confidence and clever ingredient swaps for keto recipes. This colourful collection of home-cooked global recipes, inspiration, and adventures is designed for food enthusiasts and seasonal cooking aficionados alike.



**COLLABORATE**  
MANAGEMENT

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Belinda's journey has not been without its challenges. She faced personal loss during her My Kitchen Rules journey when her beloved father, John, passed away before the grand final. Despite the grief, Belinda found strength and inspiration in her father's belief in her dreams.

Her tenacity also saw her overcome personal health challenges, losing 35kg after the show wrapped up. Belinda's commitment to healthier choices and simplified, nourishing meals led to a successful transformation.

As a pink-haired, brightly dressed, and passionate foodie, Belinda radiates positivity and self-acceptance. Her recipes emphasise good vibes, showcasing colourful simplicity and nourishing healthy fats that her body craves.

Belinda's mission is to inspire others to embrace a balanced lifestyle and appreciate their unique qualities. As a mother of three daughters, she values self-love, uniqueness, and acceptance, qualities she hopes to pass on to the next generation.

Belinda McDonald's speaking engagements and food demonstrations bring a fresh perspective on vibrant, flavorful cooking, empowering audiences to celebrate food, well-being, and their own individuality. With her infectious energy, she connects people through laughter, kindness, and, above all, the joy of delicious food. Join Belinda on her culinary journey and discover a world of culinary delights that nourish both body and soul.

## SKILLS

### Other

Food Demonstrations, Food Judge, Food Stylist, Public Speaker

### Speaking Topics

Celebrity, Cooking / Chef, Female Role Model, Inspirational, Keynote

Speaking, Lifestyle, Nutrition, Parenting, Well-being, Women in

Business, Work-Life Balance

