



**HEALTHY RICAN**

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# HEALTHY RICAN

BECAUSE WE ALL DESERVE TO LIVE A HEALTHY LIFE CON SAZÓN!



Healthy Rican  
PO Box 1785, Buffalo, NY 14225  
<https://healthyrican.com/>  
<https://goo.gl/maps/z25PXbUXfKywfttb8>  
716-400-2945

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At Healthy Rican, we believe that people no longer have to choose between quick 'n' easy or healthy. We exist so that healthy eaters no longer have to choose between quick bland meals, or tasty culture-rich dishes. Healthy Rican bridges the gap. Because we all deserve to live a healthy life con sazón!  
We are more than a brand, we are familia.



**#PUROSABOR**

Email: [info@healthyrican.com](mailto:info@healthyrican.com)

FREE Shipping on orders over \$50 (anywhere in the US and PR)



## ABOUT THE FOUNDER

Mayra Luz Colón is a Certified Integrative Nutrition Health Coach who's obsessed with superfoods and family meal time. Known as the Nutrition Dork, Mayra is the driving force behind the Healthy Rican brand, bringing tasty Puerto Rican recipes and seasonings to homes everywhere.

Mayra is also the author of the cookbook Healthy Rican: Put the Latin Spice in your Healthy Life! She's on a mission to banish bland foods and provide tasty alternatives for everyday people who want to eat well.

Mayra's vision is to serve women stuck in their own health and wellness journey. To teach women how to unlock their true selves while embarking on a complete lifestyle and mindset reset.

Following your heart, your gut, and your wisdom is the key to well-being. Nutrition is a tool to guide us during the process—and Healthy Rican's nutritious products and motivational services light the way.



**MAYRA LUZ COLÓN**

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