



**SEASON 3!**

**RECIPE FOR WELLNESS**

**TV SERIES**

# Recipe for Wellness

## *Awards & Accolades*

*What Our Audience & Critics Are Saying About the Show & Podcast*



REGIONAL  
**EMMY**  
AWARDS

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2026 Qualified

 Best Host  
 Best Director



  
SPOTIFY  
**2025**  
MARATHON SHOW

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*Binge-worthy content that keeps audiences coming back for more*



  
GLOBAL  
AUDIENCE REACH

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 United States  
 Canada  
 Bulgaria  
 Philippines

◆ A 2025 MOST SHARED SHOW

*Growing Brand*

*Family Values*



## *Why Recipe for Wellness?*

Much like "Taste the Nation" with Padme Lakshmi, Stanley Tucci's "Searching for Italy", and so many popular food & travel shows, this series has a simple recipe. People, places, food, and conversation. The difference is that the host will learn and incorporate new lessons into his career and personal life.

Sanjay doesn't just help adults but entire families, and he'll incorporate his own children into the series.



*Culture*

*Health*

*Diversity*

TRADITION

NATION

**CULTURE**

**LOADING...**

HISTORY



# *Series Elements*

## **Local Markets and Cultures**



A chef in a white uniform is plating a dish on a wooden log slice. The chef is using a silver spoon to add a small amount of white cream to the dish. The dish consists of various ingredients including mushrooms, small white balls, and green herbs. Steam is rising from the log slice, indicating that the food is hot. In the background, other similar log slices with food are visible, suggesting a buffet or a large-scale food preparation. The overall scene is set in a professional kitchen environment.

*Series Elements*  
**Chefs and Food**

# *Series Elements*

## **Eating and Conversation**



# *Sanjay Raja*

Sanjay Raja is the Executive Producer, Creator, and Host of the TV series "Recipe for Wellness." He was a former athlete in combat sports with extensive medical experience, and is also a professional SAG actor, national speaker, and published author who contributes to a variety of publications regarding health & wellness and leadership topics.

Sanjay grew up in a strictly vegetarian, Indian household. After his family moved to the states, and he had his first taste of McDonalds, he became hooked on fast food which led to obesity — something he worked hard to correct as an adult.

An active lifestyle doesn't begin to describe Raja, as he runs a successful health consulting company, writes books, travels the world for speaking engagements, and develops recipes and health plans for his growing clientele.



# Season 3



In the new season of "Recipe For Wellness", Sanjay plans to go bigger and bolder with Season 3.

The show will be visiting foreign countries to learn from broad perspectives in health and wellness.

Sanjay will also visit the city he spent the majority of his childhood, Kansas City, to go back to where it all started. It's also home to world famous BBQ, which is not "healthy" but one of Sanjay's favorites nonetheless. He tastes his favorite food while also preparing his own recipes with a healthy twist.

Sanjay will continue to meet new experts within all areas of Health and Wellness and incorporate knowledge he learns into his own life.

# *Distribution*

## **Broadcast Version**

### **Currently Airing:**

Season 1 reruns on PBS affiliates nationwide

### **Season 2:**

To air on PBS in Q2 of 2026

### **Season 1 Syndication:**

To air on various ABC, NBC, CBS affiliates around the country in Q3 or Q4 of 2026  
(network has final say of launch)

## **Streaming Version**

Awaiting launch dates for Season 1 of Recipe for Wellness in Q2, Q3, and Q4 of 2026 on various streaming channels including:

**Amazon Fire • Fawesome TV**

**Roku • Tubi**

...and more streaming channels to follow

Followed by launch of Season 2 on streaming platforms.

# PRODUCTION TEAM



## Michael May / Executive Producer / Co-Creator

Michael is best known for hosting, creating, and exec producing the docuseries AUTO/BIOGRAPHY and its spinoff AUTO/BIOGRAPHY: COLD CASES for Motor Trend TV. He previously ran the media company Fun Size Horror where he produced hundreds of hours of content from feature films to digital content, shorts, and series.

Specific to Television, Michael created and produced the pilot "Uncommon Goods" for Travel Channel starring Seinfeld's John O'Hurley, created two series for Motor Trend TV/Discovery, developed the series "Haunted Highways" for Frantic Films, executive produced the horror series "Shocktale Party", and produced the pilot "Eureka" starring Karen Gillan ("Guardians of the Galaxy").



Michael recently started his own production company, Convergent Content, LLC, where he's been actively developing content for TV, film, and podcasts.

## HCT MEDIA

Convergent Content has recently partnered with HCT Media, a two time Emmy Award winning company behind the Public Television projects "Lost LA" and "Fallujah." The company has numerous documentaries under their belt and recently produced the feature film "Ghosts of the Ozarks".

# PARTNER WITH US TO REACH 250 MILLION HOUSEHOLDS!

## CURRENT PARTNERS

Marriott

LifeVantage

Parsons Creek Steak

Grays Landscaping

Defining Moments

Team No Excuses Fitness

# *Specialized Sponsorship Offering*

**Sponsorship for Season 3 @  
\$25,000**

## **A. Broadcast**

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7-10 min segment on the broadcast version of Recipe for Wellness to air on PBS across nationwide affiliates & various ABC, NBC, CBS affiliates.

## **B. Streaming**

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Streaming version of the show to air across various streaming platform partners including Amazon Fire, Fawesome TV, Roku, Tubi, and more.

## **C. Podcast**

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Record video & audio podcast for our podcast show based on Recipe for Wellness — to air before your segment airs on broadcast and streaming. The podcast will also air on streaming channels on a date to be determined by streaming partners.