

Anthony J. Zamora

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Related Experience

Utah Jazz

Executive Performance Nutrition Chef

Salt Lake City, UT

Apr 2018 - Present

- Formulate and execute daily menus focusing on optimum nutrient priming for performance
- Develop individual athlete meal plans and fueling strategies
- Prepare personalized post-training recovery shakes
- Provide full-time nutrition support and education for players, coaches, and staff
- Coordinate all travel nutrition with airline, hotels, and stadiums
- Manage performance nutrition department budget
- Lead a staff of five employees

Los Angeles/St. Louis Rams

Nutrition Coordinator/Team Chef

Los Angeles, CA

Sep 2015 - Mar 2018

- Assessed and analyzed body composition, diet, and energy balance of professional athletes
- Utilized GPS and heart rate data to establish specific fueling and recovery protocols
- Coordinated all travel nutrition with airline, hotels, and stadiums
- Operated meal action stations including daily omelet production for 100+ individuals
- Researched, procured, and distributed NSF certified for sport supplements
- Promoted in video, social media, and other marketing

St. Louis Rams

Chef/Dietitian Intern

St. Louis, MO

Apr 2015 - Sep 2015

Jul 2014 - Sep 2014

- Teamed with head chef/dietitian to plan and prepare meals and snacks daily
- Prepared recovery shakes specific for players' needs and goals

University of Tennessee Sports Nutrition Fueling Station

Student Volunteer

Knoxville, TN

Jan 2014 - Apr 2015

- Managed all juicing of fresh fruits and vegetables for UT Football
- Purchased products and procured inventory through other networking channels

Aramark Corporation

Line Cook - Smokey's Sports Grill

Knoxville, TN

Sep 2014 - Dec 2014

- Oversaw set-up of special dining events
- Artistically designed centerpieces to coincide with meal content

UT REACH Lab

Undergraduate Assistant

Knoxville, TN

May 2013 - Jan 2015

- Recorded anthropometric data for participants in multistate health study
- Taught elementary school children and parents about cooking and healthy meal options

Education

Wellness Workdays Dietetic Internship

Registered Dietitian Nutritionist

Hingham, MA

Feb 2018

Boston University

Chef Certificate

May 2016

The University of Tennessee Knoxville

Bachelor of Science, Nutrition

Minor in Business Administration

May 2015