

DR. ROBERT GRAHAM JOINS LUVO'S ADVISORY BOARD

Seattle, WA — May 8, 2019 — Luvo Inc., a forward-thinking food company creating the next generation of frozen food with a focus on great taste, convenience and nutrition, today announced Dr. Robert Graham, MD, MPH, ABOIM, FACP, Chef has joined the Company's Advisory Board.

In this advisory capacity, Dr. Graham will help facilitate research studies and provide Luvo with evaluation of recipes from both a medical and culinary perspective, leveraging his expertise as a Harvard trained and board certified physician, as well as a Natural Gourmet Institute certified chef. Dr. Graham will also represent Luvo at various speaking engagements and industry conferences throughout the year, such as the Disrupt Food Summit taking place in NYC on May 17.

“Robert has been a visionary leader in his quest to educate consumers and medical professionals alike on the role that food plays in health promotion and disease prevention,” said Christine Day, chief executive officer of Luvo. “He shares our passion for making it easier for people to eat nutritious meals that taste amazing every day and understands the significant impact we can have on our society in achieving this mission together. We are honored to have Robert join our team, as Luvo continues to expand our product offerings, bringing true nutrition to the freezer aisle in a convenient way.”

“Over the last decade, our food system and society has dramatically changed the way we eat and think about the purpose and power of food. For most, it is viewed as the problem that leads to many diseases, when it can really be the prevention solution,” said Dr. Graham. “Luvo is moving the food industry forward, helping consumers to get the wholesome foods they need to fuel their lifestyles, without added sugars and sodium. I am extremely excited to be working with the Luvo team to raise awareness on these important issues and to help guide their innovative product launches moving forward.”

Dr. Graham is a Harvard trained physician, board certified in both Internal and Integrative Medicine, and a chef. Dr. Graham received his medical degree from the School of Medicine at Stony Brook, NY and completed his residency in Internal Medicine at Lenox Hospital in NYC. He received a Masters of Public Health from the Harvard School of Public Health while completing three fellowships at Harvard Medical School, in General Internal Medicine, Complementary and Integrative Medical Therapies and Medical Education.

In 2010, Dr. Graham created Fare Wellness, a culinary medicine program, and has taught over 500 health professionals, including doctors, how to cook. As the Director of Integrative Health and Wellness for a large health system, he led a company-wide cooking, yoga, meditation, stress reduction and wellness program. In 2013, Dr. Graham created “Victory Greens,” the first edible organic garden on a rooftop hospital. Dr. Graham's most recent venture is FRESH Medicine, an integrative medical practice where he and his wife, Julie incorporate their roots in holistic and conventional medicine into our modern healthcare system with an emphasis on having greater respect for the five pillars of well-being: Food, Relaxation, Exercise, Sleep and Happiness.

About Luvo Inc.

Luvo (www.luvofoods.com) is creating the next generation of frozen food, with a focus on great taste, convenience and nutrition. The company was founded with a mission to make it easy for people to eat nutritious meals that taste amazing every day. To help achieve this mission, Luvo develops and sells a variety of frozen ready-made entrees, including vegan, vegetarian and gluten free bowls. We use real, wholesome ingredients like fruits, vegetables, whole grains and quality lean proteins and less of what

we don't need, like added sugar and sodium. Luvo works with its suppliers to ensure the quality of its ingredients, giving top consideration to sourcing responsibly. Luvo is available online, in grocers nationwide in the U.S. and Canada, and on select Delta Air Lines flights. Luvo has partnered with athletes such as Russell Wilson, Derek Jeter, and Natalie Coughlin who have personal connections to the brand mission of improving lives through better nutrition.