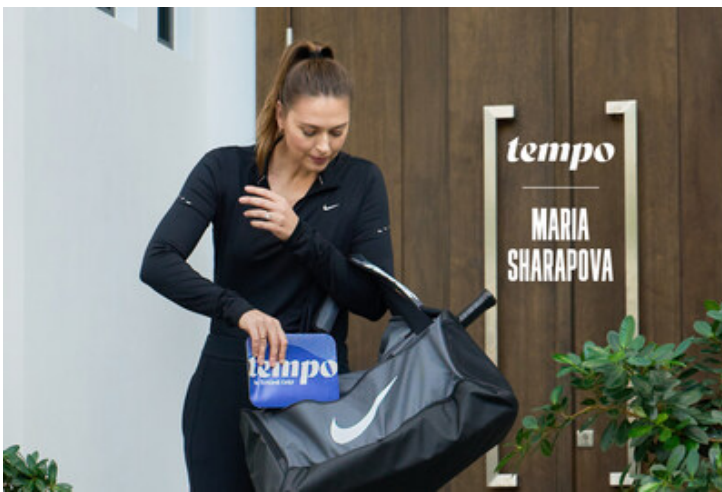


## Maria Sharapova teams up with Tempo to bring easy, balanced meals to busy pros

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**In her latest power move, Maria proves how flavorful, ready-in-minutes meals can fit every lifestyle â?? not just legendary athletes**



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There's a new champion on Team Tempo. The chef-crafted, certified dietitian-approved meal delivery service with zero prep time has teamed up with global tennis icon Maria Sharapova to prove that balanced, nourishing meals can fit every lifestyle, not just an athlete's.

"Eating well-rounded, enjoyable, and energising meals has always been a priority for me, but I don't always have the time to prepare them from scratch," said Sharapova. "Tempo offers the solution with quick, nutritious, fully prepared meals that are crafted by chefs, approved by certified dietitians, and filled with enough protein to power my day â?? whether I'm on the tennis court, in the boardroom, or on the playground with my son."

Tempo is made for go-getters who don't have time for meal prep or grocery runs but want real, fresh meals that keep them performing at their best. As an athlete, entrepreneur, and mom, Maria needs energising, on-the-go meals that can keep up with her fast-paced life. Tempo's fully prepared, single-serve meals cook in just two minutes, feature premium ingredients, and are approved by registered dietitians for balanced nutrition.

"It's not every day you get to team up with someone as accomplished and iconic as Maria Sharapova," said Jessica Esparza, Tempo brand manager. "She is the definition of excellence and balance, which mirror the values we bring to every meal we make at Tempo. We're honoured to fuel her busy lifestyle and empower everyone to take charge of their wellness routine, one meal at a time."

Tempo meals are delivered fresh, require minimal prep, and include premium yet familiar, feel-good flavours that are ready in about two minutes. Many meals are under 500 calories, deliver 30+ grams of protein, contain fewer than 35 grams of carbs,

and provide 20 per cent+ of the daily value of fibre, in addition to supporting gut health.

These nutrient-dense meals are also formulated to be GLP-1 balanced, designed to support modern wellness lifestyles by delivering steady energy, satisfaction, and the nutrition needed to stay focused, active, and strong. Customers can order four or more meals per week, and the certified dietitian-approved menu features 24+ meal options to choose from.