



ADENTRO

with Pili Montilla

adentro

/a'ðentro/

adverb

1. towards the inside

○ inwards; → adentro;

2. inside [adverb] to, in, or on, the inside

*“Treatment originates outside you;
healing comes from within.”*

-Andrew Weil



ADENTRO

IS A HYBRID COOKING/TALK SHOW THAT TAKES A FUN, HOLISTIC APPROACH TO DEMYSTIFYING HEALTHY LIVING.

COMPLETE WITH WORLD-RENOWNED CHEFS, LIFESTYLE ICONS, CELEBRITY GUESTS, AND LEADING HEALTH EXPERTS, THIS BILINGUAL SHOW HOSTED BY EMMY WINNING HOST PILI MONTILLA, WILL TURN THE TABLES ON OUR DIETS, HEALTH AND LIVES FROM THE INSIDE OUT!

AMONG THE GUESTS WILL BE INFLUENTIAL AND DIVERSE TALENT THAT WILL SHARE THEIR JOURNEY, AS THEY JOIN THE CHEFS AND GUEST EXPERTS TO EXPLORE NEW FUN RECIPES AND A HEALTHIER LIFESTYLE, WHICH IS AT THE HEART OF ADENTRO.

ADENTRO GIVES US EXACTLY WHAT WE'RE CRAVING!



Pili Montilla es pura energía



Energetic, dynamic, witty, spontaneous, unique and approachable are some of the many fun adjectives that best describe our host, Pili Montilla.

Born and raised in **San Juan, Puerto Rico** Pili's engaging and transparent personality, as well as her experience as an award winning bilingual and bicultural host make her THE perfect host for ADENTRO. With no *pelos en la lengua*, yet with a natural ability to listen, Pili's skills as an interviewer and host are unparalleled. She is unbridled **LATINA POWER!**

Two years ago Pili lost her parents due to very common illnesses amongst the Hispanic community- her dad to diabetes and her mom to colon cancer. Even though her interest in mental health, wellness and fitness have always existed, these life changing situations catapulted Pili into being even more active about helping others understand the benefits of self care, nutrition, movement, spirituality and therapy.

Emmy award winning producer and TV host, Pili Montilla has made a name for herself as the **"go to" host in the bilingual entertainment world**. Always immersed in *música*, fashion, arts and travel, this *Boricua* has built a solid reputation as a prolific entertainer. After working for MTV as a host/VJ in Puerto Rico and as a host and producer at LATV in Los Angeles, Pili created, produced and hosted the Emmy winning music show "Té Para Tres con Pili Montilla" (MEGA TV). Currently she is the host of "Truth & Tunes with Pili Montilla" a one-hour radio show on DASH Radio, as well as co-host of "Pili, Raúl & La Música" an uncensored, bilingual Latin music podcast.



MEET THE CREATOR

Cuban-American award-winning actress, recording artist, producer and Broadway star, **Yvette Gonzalez-Nacer** is the founder and President of Whitelighter Productions, a production company focused on developing original content for film and television in both the US & Hispanic markets.

Yvette was one of the stars on the Emmy winning show, *The Fresh Beat Band*, played ChaCha on Fox's *Grease: Live*, was part of the Original Broadway cast of the 8x Tony Award winning and Grammy Award winning musical *Hadestown* and is currently starring in the Broadway tour of *Moulin Rouge*.

Always a champion for inclusion, diversity and underrepresented voices, Nacer is currently a producer for the 1st National Tour of *Cambodian Rock Band*, written by award-winning playwright Lauren Yee and featuring an all Asian cast. Nacer produced the film *Crossroads*, as well as International Branded Spots for Lionsgate Studios, Metro PCS and various projects for Universal Music Latino. She has garnered multiple accolades for her work in the industry and has produced the films *Always a Thorn*, *A Holiday Boyfriend*, and most recently was an Associate Producer and starred opposite Mickey Rourke in the upcoming feature film *Replica*.

Consistent across the board, Yvette's intention to create impact can even be found in the work she's spearheading at Creative Minds Care, a non-profit of which she is the Founder and CEO. With a desire to improve the lives of others through the platform of entertainment, Yvette is focused on developing shows that not only entertain but empower and inspire, always adding value to the audience's lives.

It's A VIBE...

FOOD CONNECTS US. MUSIC AND STYLE ENTICES US. ADENTRO IS ABOUT BRINGNING LATIN MUSIC, CULTURE AND FOOD TO LIFE! THE SHOW WILL FEEL WARM AND INVITING WITH A HIGH PRODUCTION VALUE AND CONTEMPORARY FEEL, OFFERING A PROGRAM THAT IS EQUAL PARTS ENTERTAINING, INFORMATIONAL, INSPIRING, AND EASY TO DIGEST. THE SET WILL HOUSE THE CELEBRITY GUEST INTERVIEWS, AUDIENCE PARTICIPATION, ALONG WITH COOKING, LIFESTYLE AND SCIENCE DEEP DIVE SEGMENTS THAT VIEWERS WILL COME TO LOVE AND EXPECT.



THE SHOW IS A FUN MIX-UP OF WHAT WE LOVE FROM OUR FAVORITE DAY-TIME TV SHOWS, LIKE DR. PHIL AND THE DOCTORS, TO RACHEL RAY AND OPRAH, ROLLING THEM UP INTO ONE MOUTHWATERING TREAT, AND SERVING IT UP WITH THAT RICH LATIN FLAVOR WE LOVE.

FORMAT + EPISODE BREAKDOWN

Length: 30 minutes

Type: Informative Talk Show

Possible Additional Segments:

- Musical Guests & Performances
- Lifestyle Experts
- Parody Commercial

SPILL THE TEA! | Opening Monologue

Pili introduces the episode's celebrity guest along with their fav dish or family recipe.

Note: There will be no current events, making it evergreen & ideal for streaming!

A COCINAR! | Cooking Segment

Pili joins the chef and celebrity guest in the kitchen where they get to work on an incredible & healthy dish. They playfully banter and get personal, sharing anecdotes and discussing the best ways to achieve great taste without sacrificing flavor. ¡Qué rico!

DISH ON THE DISH | Signature Segment

Pili, the guest, chef and expert (Doctor, Nutritionist, etc.) gather round for a delicious meal and round-table discussion where they'll dish on the dish, health benefits, as well as their personal experiences with the topic of the day. Additional questions will be fielded from our studio audience and viewers via social media.

TO GO - Final Thoughts

At the end of each episode, Pili will wrap up the discussion and challenge the audience with a takeaway that they can use to practice a more enriched and balanced lifestyle.

GUEST CHEFS



Jose Andres



Alejandra Ramos



Jordi Cruz



Gordon Ramsay



Lorraine Pascale



GUEST EXPERTS





OUR FRIENDS

(Guests of the Show)

Sofia Reyes

Justin Baldoni

Wayne Brady

Ariana DeBose

Gina Rodriguez

Xolo Maridueña

Corbin Bleu

Lin Manuel-Miranda

Gloria Estefan

Alyson Stoner

Keke Palmer

John Leguizamo

Joe Jonas

Vanessa Hudgens

Rosario Dawson

WHY THIS SHOW? WHY NOW?

TIME TO LEARN

Whether talking about mental health or general health and wellness, unfortunately, neither is commonly taught within the Latin community. To be able to bring such rich, valuable and important information in a fun, easy and accessible way with *Adentro* is so exciting as it will undoubtedly change lives and communities alike.

We have an undeniable reputation for having delicious food, yet a lot of our cooking methods are very unhealthy (ie. Deep frying and re-frying foods and taking Mexican food as an example, many of the entrees are made with oil, lard, salt and loaded with cheese & cream). You can get more than a day's worth of calories, saturated fat, or sodium in one meal!

Our minds and bodies are more powerful than we know. By learning what goes into our foods, our bodies and our minds, we can unlock our potential while having fun and create a more joyful, balanced and healed world from the inside out!

TIME TO HEAL

Following the pandemic, there has been a drastic rise in many things including obesity rates, struggles with mental health, and diabetes is increasing at an alarming rate in the US. When we look at factors that play a role in rising obesity, we know stress is one of them.

We spend about \$149 billion a year on health care costs that are obesity-related and according to the CDC's National Diabetes Statistics Report for 2020 cases of diabetes have risen to an estimated 34.2 million. So many diseases can be prevented by making changes to diet, stress management as well as lifestyle changes.

It's not just another talk/cooking show!

*A show like Adentro
simply doesn't exist in the mainstream.*



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