

MELTEM PIRIL ŞENOL YILMAZ

Registered Dietitian · Psychologist · PhD

| merhaba@pirilla.com

PROFESSIONAL PROFILE

Dietitian, psychologist, educator and entrepreneur with more than a decade of experience across clinical nutrition, sports nutrition, eating behavior and holistic wellbeing. Founder of PIRILLA and OCTO; creator of evidence-based education and media projects that make wellbeing practical, psychologically informed and sustainable.

PROFESSIONAL EXPERIENCE

Founder

Jul 2026 - Present

OCTO · Full-time

- Building a holistic wellbeing platform spanning body, mind, emotions, relationships, work, money, meaning and space.
- Lead product vision, wellbeing strategy, expert network development, partnerships and B2B expansion.

Founder

Dec 2025 - Present

Yeme Davranışı Akademisi

- Develop evidence-based education on emotional eating, hunger and satiety, body image, diet culture, intuitive eating and the psychology of eating.

Creator & Host

Apr 2021 - Present

Eyvah! Diyetim Bozuldu · Podcast and content platform

- Translate research and professional practice into accessible conversations about nutrition, eating behavior, body image and our relationship with food.

Assistant Professor (Contract)

Sep 2019 - Present

Acıbadem University · Istanbul, Türkiye

- Teach in the Sports Nutrition Master's Program, focusing on nutritional periodization, anthropometry, body composition and applied sports nutrition.

Founder and Chief Dietitian & Psychologist

Oct 2016 - Present

PIRILLA Nutrition and Life Quality Management Services

- Provide individual and athlete-focused services integrating nutrition, psychology, eating behavior, body image, lifestyle and performance.
- Design corporate wellbeing programs, seminars and multidisciplinary education projects.

Head of Nutritional Health Team

Mar 2019 - Mar 2022

Kızlar Sahada · Türkiye

- Led nutrition education and coordinated dietitian candidates within a social-impact platform empowering girls and women through football.

Instructor (Contract)

Jan 2021 - Jun 2021

Üsküdar University · Istanbul, Türkiye

- Taught Sports Nutrition in the undergraduate Nutrition and Dietetics program.

PROFESSIONAL EXPERIENCE - CONTINUED

Registered Dietitian, Head of Nutritional Health and Wellness May 2016 - Jul 2017
Sports International · Bilkent Holding, Türkiye
• Delivered individual counseling, staff education, group seminars and member wellness programs in sports nutrition and healthy lifestyle behavior.

Dietitian & Director of Nutritional Health Apr 2015 - May 2016
Prof. Dr. Osman Müftüoğlu Yaşasın Hayat! Clinic
• Directed multidisciplinary wellness services and delivered individual and corporate nutrition programs.

Clinical Dietitian Apr 2014 - May 2015
Özel Göztepe Hospital · Istanbul, Türkiye
• Provided medical nutrition therapy, patient and family education, and nutrition support across clinical and critical-care settings.

Sports Dietitian Apr 2014 - May 2015
CrossFit 34 and CrossFit Antrium · Istanbul, Türkiye
• Provided sports nutrition counseling, group education and member wellness challenges.

Basketball Coach Oct 2010 - Apr 2014
İbrahim Kutluay Basketball Academy · Türkiye
• Coached children aged 6-11 in fundamental basketball skills and team development.

Intern Dietitian Jun 2013 - Sep 2013
Yeditepe University Hospital · Istanbul, Türkiye

EDUCATION

Doctor of Philosophy (PhD), Clinical Nutrition 2019 - May 2023
Acıbadem University · Istanbul, Türkiye
Dissertation: Evaluation of a 12-week intuitive eating intervention on body composition, athletic performance, eating attitudes and body image.

Doctoral Studies, Nutrition and Metabolism in Exercise 2018 - 2019
Hacettepe University · Ankara, Türkiye

Master's Degree, Clinical Nutrition 2015 - 2017
Yeditepe University · Istanbul, Türkiye
Thesis: Effects of online versus face-to-face nutrition consultancy on body weight management.

Bachelor's Degree, Psychology - Double Major 2011 - 2014
Yeditepe University · Istanbul, Türkiye

Erasmus Exchange, Nutrition Sciences and Public Health Nutrition 2011 - 2012
Hamburg University of Applied Sciences · Hamburg, Germany
Research: Eating habits of Turkish people living in the Hamburg region of Germany.

Bachelor's Degree, Nutrition and Dietetics 2009 - 2014
Yeditepe University · Istanbul, Türkiye
Thesis: Effects of a single-session nutrition intervention on professional basketball players.

PROFESSIONAL TRAINING & CERTIFICATIONS

Basic Existential Analysis Training

Sep 2021 - May 2023

Existential Academy of Istanbul

- Training in existential analysis, self-understanding, meaning, freedom, responsibility and the therapeutic exploration of lived experience.

Intuitive Eating Pro Skills Training

Jan 2014 - Apr 2015

Professional training program

- Training in an evidence-informed, weight-inclusive approach centered on internal hunger and satiety cues and a more peaceful relationship with food and body.

Certified Sports Nutritionist

Certification

International Society of Sports Nutrition (CISSN)

Additional Training

2012 - 2014

Selected programs

- Cognitive Behavioral Therapy Essentials - Istanbul, Türkiye (2014)
- CBT for Eating Behavior - Hamburg, Germany (2013)
- Sports Nutrition for Football Players - Turkish Football Federation (2012)

PROFESSIONAL MEMBERSHIPS

- International Society of Sports Nutrition (ISSN)
- Turkish Dietetic Association

LANGUAGES

Turkish - Native | English - Fluent | German - Conversational

ATHLETIC BACKGROUND & INTERESTS

Former Turkish Youth National Basketball Team player and Yeditepe University varsity athlete. Interests include running, swimming, cycling, cooking, gardening, travel and coffee culture.