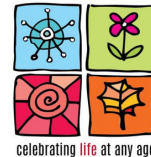




Lisa Boesen

**Award-winning Author, Speaker,
Certified Vegan Chef, Recipe
Developer, and Beekeeper**

It's Your Season



ABOUT THE AUTHOR

ItsYourSeason.life is a lifestyle website. Lisa's mission is to leverage 35 years of clinical and performance-improvement healthcare experience with Eating Well and Living Well. In her works, she bridges the culinary wonders and benefits of a plants-first lifestyle with the real world of work, family, and fun! Obsessed with a plants-first lifestyle, she enjoys leveling the cooking approach so all can enjoy the fruits of the earth.

Weaving musings about beekeeping, Lisa presents keynotes, tastings, and cooking demonstrations focusing on a healthy lifestyle and self-care.



BOOKS AND PRODUCTS

- **Food ELEVATED** - 100 recipes for Colorful Cooking from the Colorado Front Range
- **My Plants-First Workbook and Journal**
- **21 Days of Cruciferous Salad Mix Recipes**
- **Veg Around the World** - A Plant-based Collection of 50 Global-inspired Recipes
- **12 Days of Holiday Small Bites:** Plant-based recipes and tips for holiday entertaining

ELSEWHERE

www.itsyourseason.life

Twitter: @lboesen2

Facebook: /itsyourseason.life

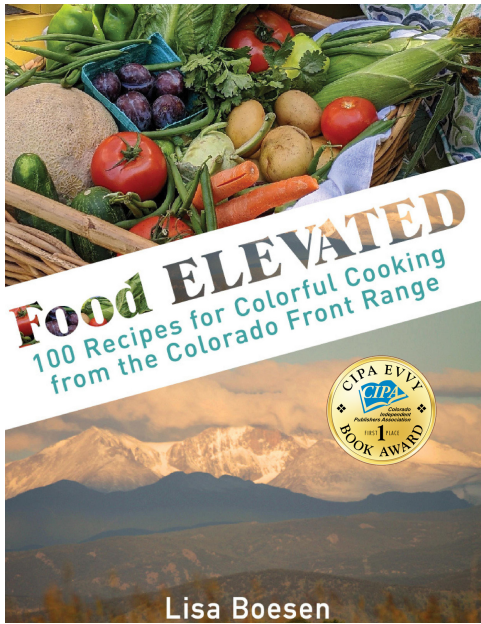
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Youtube - ItsYourSeason.life

Podbean: itsyourseason.life

Linkedin: @lisaboesen



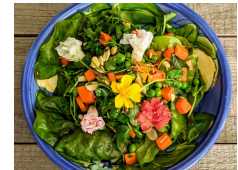
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MOST REQUESTED WORKSHOPS

- 🥕 Plant-based Me! - *Living a primarily plant-based lifestyle*
- 🥕 Spices and Herbs and Plants - *oh my! Take a culinary world tour!*
- 🥕 A Plant-Rich Trip to Provence
- 🥕 Green Means Great!



Services

- SPEAKING
- RECIPE DEVELOPMENT
- TASTINGS
- VIRTUAL COOKING CLASSES

Writings & Such

- Plan Your Staycation - *Fifty & Better*, Winter 2021
- The Versatile Squash - *Bounty*, Fall 2021
- Dance of the Pollinators - *Bounty*, Spring 2021
- Featured Chef - Chef it Up - *Live Naturally Magazine*
- Nov 2021

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Perfect for:

Women's Groups

Health and Wellness

Community-based Programs

Retreats

