



# Lisa Boesen

**AUTHOR, SPEAKER,  
CERTIFIED CHEF**

It's Your Season



celebrating life at any age!

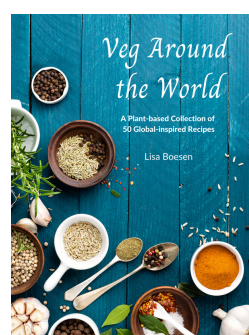
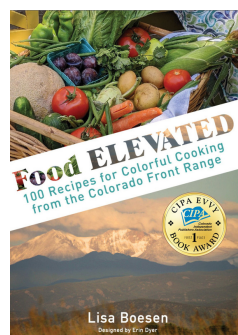
## ABOUT LISA

Lisa is an award-winning author and founder of ItsYourSeason.life, a plant-forward lifestyle website. Lisa's mission is to leverage her years of clinical and performance-improvement healthcare experience with Eating Well and Living Well. In her works and warm, engaging funny approach, she bridges the culinary wonders and benefits of vegetables, grains, fruits and 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.

She was recently selected as a finalist to speak at the 2024 international Vegan Women Summit.



## BOOKS AND PRODUCTS



# Lisa Boesen, MA, Chef



Lisa Boesen is a sought-after speaker on the benefits of incorporating more plants into meals, offering practical tips and delicious recipes that make it easy to choose healthy food options.

## **MOST REQUESTED TOPICS AND WORKSHOPS**

Plant-based Me! - *Living a primarily plant-based lifestyle*  
Spices and Herbs and Plants - *oh my! Take a culinary world tour!*  
You Aren't Too Old to Eat Kohlrabi!

### Perfect for:

Women's Groups    Health and Wellness Events    Community-based Programs    Retreats

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## Services

SPEAKING  
TASTINGS  
PANELIST FORUMS  
WORKSHOPS/BREAKOUTS  
COOKING DEMO/CLASS

## Featured In

Plan Your Staycation - *Fifty & Better, 2021*  
The Versatile Squash - *Bounty, 2022*  
Featured Chef - Chef it Up - *Live Naturally Magazine* - Nov 2021  
NoCo A & E Magazine 2022

## Connect with Me

