



Lisa Boesen

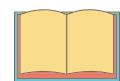
Award-winning Author, Speaker, Certified Vegan Chef, Recipe Developer, and Beekeeper



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

Instagram: @itsyourseason.life

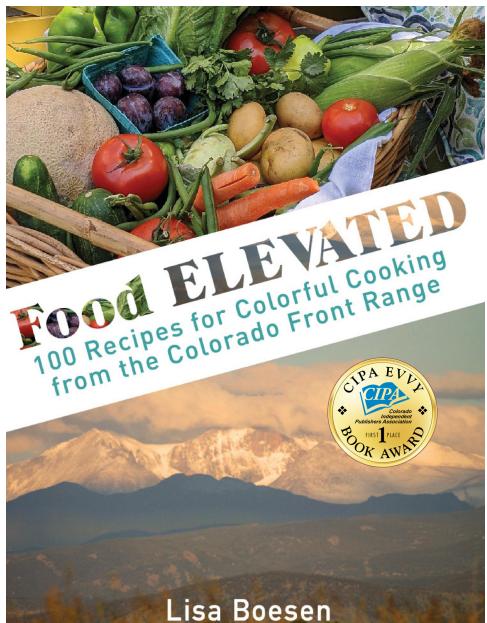
Pinterest: ItsYourSeason.life

Youtube – ItsYourseason.life

Podbean: itsyourseason.life

LinkedIn: @lisaboesen





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MOST REQUESTED SPEAKING TOPICS

- 🥕 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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substack

Women's Groups

Health and Wellness

Community-based Programs

Retreats

Perfect for:

