



ABOUT LISA

Lisa is a plant-forward chef, award-winning author, and longtime healthcare professional who believes delicious living should feel doable, not daunting. After 35 years in clinical and performance improvement work, she brings humor, honesty, and real-world wisdom to every kitchen and classroom she steps into. That blend of science, storytelling, and “let’s-try-this-together” spirit naturally grew into The Silver Sprout, where she helps people cook with confidence, curiosity, and her favorite reminder: “Let’s make this delicious.”

ELSEWHERE

www.TheSilverSprout.com

Facebook: @TheSilverSprout

Instagram: @TheSilverSprout

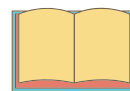
Youtube: @ LisaBoesen_TheSilverSprout

Linkedin: @lisaboesen

Substack: @TheSilverSprout

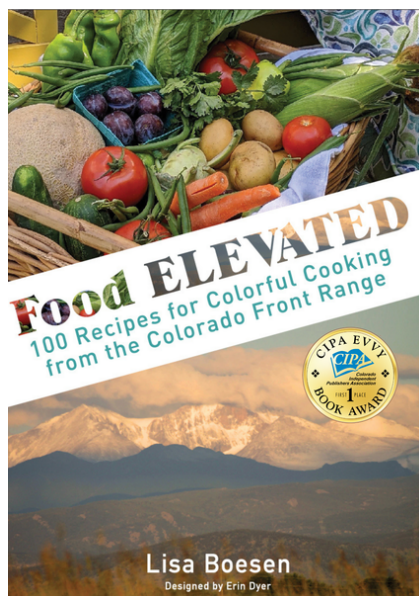
Lisa Boesen

**Plant-Based Author
Certified Chef
Culinary Teacher**



BOOKS AND PRODUCTS

- **Delicious, Always! Plant-Powered Recipes from The Silver Sprout Kitchen**
- **A Plant-based Pilgrimage: A 40-Day Lenten Journey of Small Shifts and Simple Nourishment.** –
- **A Plant-based Diary: 30 Days and 60+ dishes for daily plant-based living**
- **12 Days of Holiday Small Bites: Plant-based recipes and tips for holiday entertaining.**
- **Veg Around the World** – A Plant-based Collection of 50 Global-Inspired Recipes.
- **My Plants-First Workbook** – An 85-page journal of self-exploration and discovery
- **Food Elevated, 100 Recipes for Colorful Cooking from the Colorado Front Range**



Lisa Boesen, MA



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 Bee Bit of Sweetness
- Tofu For Your Ticker



Services & Rates

SPEAKING	from \$100
RECIPE DEVELOPMENT	from \$200
TASTINGS	from \$300
COOKING DEMO/CLASS	from \$150

Writings & Such

The Gift of Being Seen
The Conversations That Keep Men Alive
Reflection on Food, Memory, and Caring for Our Planet
 Dance of the Pollinators - *Bounty*, Spring 2021
 Featured Chef - Chef it Up – *Live Naturally Magazine* – Nov 2021

Perfect for:

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

