

LifeRecipe Client-site Wellness Demonstrations

Watch, taste, and learn. On your turf.



Nurture a love of food, and better health will naturally follow. That's the inspired idea behind LifeRecipe Wellness Demonstrations, enlightening one-hour sessions that bring culinary education and lifestyle guidance to your place of work.

Our experts share tips and ideas that empower employees to make healthy changes, from kitchen techniques to easy seasonal meals they'll love to cook and eat. Watch, learn and taste samples, then take the lessons and recipes home to create yourself. It's an affordable investment in employee health you can offer year-round.

SCHEDULING

Choose from our 12 monthly options or design a customized demonstration. Schedule your session for any time of day, seven days a week.

Put the benefits of wellness to work, at work.
To schedule your Wellness Demonstration,
call Susie Tucker at 651.288.7238

12 Months of Client-site Wellness

Find the month that fits your schedule, then select the menu you would like demonstrated for that month.



January: Citrus Sunshine

Winter blahs? Citrus to the rescue. We'll share easy-to-make ideas that are packed with nutrition, from salads to salsa.

Menu 1

Spinach and Clementine Salad with Honey Lime Vinaigrette
Lemon Thyme Ricotta Bruchetta

Menu 2

Grapefruit and Red Pepper Salsa
Asian Noodle Salad with Pummelo, Peanuts and Shrimp

February: Life Unprocessed

Think outside the boxed dinner. We highlight our favorite recipes using fresh ingredients that are healthy, tasty, and much more satisfying than processed foods.

Menu 1

Tomato and Fennel Soup
Haricot Vert with Sautéed Shallots and Toasted Almonds

Menu 2

Greek Chicken Salad
Sautéed Vegetables with Couscous

March: On the Move

Just in time for spring, we offer energizing advice for living healthy and eating well on the go. These ideas come together fast and go great in a lunchbox, backpack or briefcase.

Menu 1

Wheat Berry Salad with Dried Fruit
Trail Mix Twists

Menu 2

Fresh Carrot and Ginger Salad
White Bean and Roasted Garlic Pâté with Crudité

April: Greener Pastures

Organic meats, eggs and veggies, demystified. This month, we clear up your questions about grass-fed, cage-free, free-range and locally grown – and why they matter to health.

Menu 1

Cage-free Eggs with Wild Salmon
Grapefruit and Avacado Salad

Menu 2

Free-range Grilled Chicken
Sautéed Garlicky Kale

May: Farmer's Market Fresh

The local Farmers Market is healthy eater's mecca. We cover the market-going essentials, from shopping strategies to using all this great seasonal fare in your kitchen.

Menu 1

Sautéed Asparagus with Lemon and Shaved Parmesan
Mint Pea Purée on Crostini

Menu 2

Fresh Parsley Salad
Spring Salad with Rhubarb and Strawberries

June: Super Foods

Get to know nature's most perfect creations. These ideas are easy to make, loaded with nutrition, and ridiculously tasty.

Menu 1

Fresh Berry and Yogurt Smoothie
Swedish Summer Kram (Berry Pudding)

Menu 2

Mediterranean Barley and Arugula Salad
Spinach with Shallots and Parmegiano

July: Moveable Feast

What are summer parties without the food? Whether you're a host or guest, this demonstration keeps healthy eating in the mix with simple, portable recipes that please a crowd.

Menu 1

Dijon Potato Salad
Mediterranean Tabouli with Feta

Menu 2

Grilled Peaches with Orange Scented Glaze
Grilled Fruit with Ginger Honey Glaze

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August: Big Summer Flavors

With this season's best flavors in abundance, we'll showcase how to make the most of ripe produce. Plus, we tip you off to flavor enhancements and how to purchase at the peak.

Menu 1

Grilled Corn, Black Bean and Queso Salad with Lime Vinaigrette
Basil Pesto

Menu 2

Salsa Mexicana
Tomato Yogurt Salad

September: Lunch Box Love

As summer winds down, you need a game plan for easy, healthy eating. We demonstrate how last night's dinner becomes the centerpiece for tomorrow's lunch.

Menu 1

Chickpea Hummus
Julienne Fresh Vegetable Wrap with Hummus

Menu 2

Blender Almond Butter
Herb Yogurt Dipping Sauce with Vegetables

October: Paint your Plate

Harvest time is the perfect moment to master the well-balanced diet. We'll discover how a rainbow of foods contributes to lifelong health.

Menu 1

Cucumber Dill Salad
Mixed Greens with Garlic Balsamic Vinaigrette and Fresh Parmesan

Menu 2

Roasted Beets with Shallots
Sautéed Carrots with Warm Olive and Parsley Dressing

November: Spice of Life

The secrets of herbs and spices, revealed. We give you the skinny on fresh vs. dried, where to buy, how to dry, and how spices freshen up the flavor of any meal.

Menu 1

Toasted Cumin and Parsley Couscous
Cinnamon Spiced Apple Sauce

Menu 2

Fresh Herb Salsa Verde on Seared Salmon
Sautéed Butternut Squash with Herbs

December: Feel-good Entertaining

Think good health takes holidays off? Not with these ideas. We keep you in fine holiday form with tips for avoiding temptation and eating wisely at all those parties.

Menu 1

Dates with Herbed Goat Cheese and Pecans
Dilled Salmon Pâté

Menu 2

Chocolate Dipped Figs Rolled in Toasted Almonds
Petit Chocolate Pot de Crème with Raspberries