LifeSpeak



Nourish Your Everyday

Eating healthy has never been easier. LifeSpeak expert-led, on-demand nutrition classes provide members with delicious meal ideas, fun cooking lessons, and tips.

Paired with its extensive selection of fitness and mindfulness classes, LifeSpeak nutrition offers an approachable and accessible way to fuel your members health and wellbeing. Members can choose from a variety of nutrition topics for a healthy body and mind, such as:

- Mood-boosting food recommendations
- Recipes to support immune health
- Healthy snack options
- Cooking demonstrations
- Global-inspired recipes
- And so much more

Healthy Eating Made Simple

NUTRITION EDUCATION

Learn the basics of healthy eating and cooking with the best evidence-based tips and tools from our top nutrition experts. These classes are all about giving you the knowledge and resources to make healthy living easy, simple, and fun.

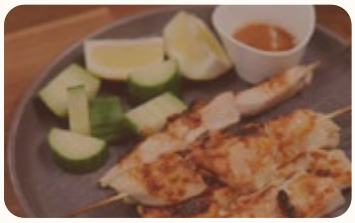
RECIPES

Explore 70+ healthy and delicious recipes to nourish your body. Enjoy short recipe overviews or dive deeper with our chefs as they walk you through meals in more detail.

COOKING EDUCATION

Making healthy food and meal choices starts with building your culinary confidence. The classes in this category offer a fun and simple way to learn, practice, and create delicious meals.

Nutritional guidance and recipes to satisfy all taste buds



Chicken Satay
8 mins



Pre-Natal Nutrition 3rd Trimester
10 mins



The Ins & Outs of Protein
5 mins



What to Eat After a Workout
7 mins



Meatless Meals
11 mins



Cooking to Reduce Stress
7 mins



Nourish Your Everyday



Get Kids Interested in Nutrition
6 mins

Learn from the best. Meet some of our nutrition experts.



MARSHALL O.

Chef Marshall O'Brien is founder of The Chef Marshall O'Brien Group. He is a trained chef and author of six published books. Marshall and his team are committed to using nutrition to get children and families to lead happier, healthier lives.



DANIEL G.

Daniel Green is an internationally known chef, host, television personality, and award-winning author. He is also a healthy eating expert and has a passion for flavor and weight loss results. Losing 65lbs years ago and keeping it off, he has transformed his life and thousands of others.



CHRISTINA S.

Christina is a functional nutrition coach and owner of Prescribe Nutrition. It is Christina's goal to get people off diets for good. Her passion centers around helping people eat based on what fuels the body AND feels joyful.