

liza baker

5118 Birkdale Dr.
Ann Arbor, MI 48103
310-892-9485
liza@simply-healthcoaching.com

#lifegoals

Effecting positive change in personal, organizational, and community health and the healthcare fields using my coaching and consulting skills—in combination with extensive experience in culinary arts, curriculum creation, writing, publishing, grants management, and administration in the education and nonprofit sectors.

experience

Employee Wellness Consultant (self-employed)

Providing virtual and in-person workshops and cooking demos
Simply: Health Coaching, July 2018–present

Integrative Nutrition® Health Coach (self-employed)

1:1 + group health and wellness programs and coaching
Simply: Health Coaching, April 2014–present

Author

Flip Your K!tchen® | How to cook 21 meals a week from scratch without spending your life in the kitchen, 2016.

University of Vermont Medical Center (Burlington, VT)

Nutrition Care Representative
December 2022–present

Freelance Writer + Editor

November 2012–present

Kitchen Coach

Simply: Home Cooking, August 2009–present

Fair Food Network (Ann Arbor, MI)

Grants + Reports Manager; Executive Assistant to the President/CEO
November 2009–January 31, 2019

Curry Girls Kitchen (Manhattan Beach, CA)

Book Proposal Writer/Manuscript Editor
November 2012–May 2013

GrowingGreat (Manhattan Beach, CA)

Office Administrator
October 2008–April 2009

Extensive experience in office administration, curriculum creation, and language instruction.

education

Institute for Integrative Nutrition, Integrative Nutrition® Health Coach Certification, 2014; additional certifications in Hormone Health and Detox, 2020 and Emotional Eating Psychology and Whole Person Health, 2021.

Cooking & Hospitality Institute of Chicago, AAS in Culinary Arts, 1997

University of Colorado at Boulder, MA in Chinese Literature, 1992

Middlebury College, BA in Chinese, Concentration in Mathematics, 1987

skills + qualifications

- Advanced health coaching skills, including 1:1 and group, live and virtual settings
- Strong background in development, grant writing, education, and curriculum development
- Excellent verbal and written communication skills, exceptional attention to detail
- Proven ability to prioritize, organize, and meet goals and deadlines
- Strong initiative and follow-through capabilities
- High degree of proficiency with numbers, extensive experience in Microsoft Word, Excel, Outlook, Publisher, and Access; working knowledge of content management systems for website maintenance, basic html, Quickbooks

awards + affiliations

- Recipient, Michigan Small Business Restart Grant, September 2020
- Member, Teaching Kitchen Collaborative's Food Is Medicine Map, <https://teachingkitchens.org/map-fim/>
- Finalist, Michigan Women Forward's Woman Up + Pitch competition (Detroit), November 19, 2019
- Member, Women's Exchange of Washtenaw, The WXW 100, 2019
- Member, Women Business Owners of Southeast Michigan, 2016–2018
- Member, International Association for Health Coaches, 2014–present

service

- Meal prep volunteer for Women's Food + Beverage Entrepreneurs providing meals for children at Community Action Network's community centers, March–April 2020 (Covid-19)
- Women's Exchange of Washtenaw
 - Board of Directors Secretary, December 2018–2020
 - Host for virtual workshops, 2021
- Mentor, Greenhills School, May–June 2017
 - Ana Taylor, Senior Project: *I Am Not a Cook*.
- Member, Women Business Owners of Southeast Michigan, 2016–2018
 - Membership Coordinator, June 2017–July 2018
- Holy Faith Church, Mission Café volunteer, 2011–2013
- Fair Food Network Double Up Food Bucks volunteer, 2010
- GrowingGreat Peter Burnett Elementary nutrition education instructor, 2008–2009
- Torrance Elementary Gifted & Talented Education coordinator, spring 2009
- Torrance Elementary classroom volunteer, 2008–2009

references

Oran Hesterman, CEO

Fair Food Network
205 E. Washington St., Ste. B
Ann Arbor, MI 48104
734-213-3999 x 201
ohesterman@fairfoodnetwork.org

Kate Krauss, COO

Fair Food Network
205 E. Washington St., Ste. B
Ann Arbor, MI 48104
734-213-3999 x 214
kkrauss@fairfoodnetwork.org

Jean Chorazyczewski, Program Director

Fair Food Network
205 E. Washington St., Ste. B
Ann Arbor, MI 48104
734-213-3999 x 202
jeanc@fairfoodnetwork.org

Peggy Curry, President and Co-founder,

GrowingGreat and Curry Girls Kitchen
477 33rd St.
Manhattan Beach, CA 90266
310-463-3784
peggy@currygirlskitchen.com

Consulting + coaching client references provided upon request.

published books

Flip Your Kitchen®: How to Create 21 Meals from Scratch a Week (and not spend your life in the kitchen).
Ann Arbor, MI: Elizabeth A. Baker, LLC. October 31, 2016.

healthy choices column, we love ann arbor

“Health Goals & Resolutions,” December 29, 2021 <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-health-goals-resolutions/>

“On the road again? Staying healthy while traveling.” November 1, 2021.
<https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-on-the-road-again-staying-healthy-while-traveling/>

“Emotional eating—how will you choose to feed yourself?” September 27, 2021.
<https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-emotional-eating-how-will-you-choose-to-feed-yourself/>

“Emotional eating—agency.” August 26, 2021. <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-emotional-eating-agency/>

“What are your triggers?” June 25, 2021, <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-emotional-eating-what-are-your-triggers/>

“Sweet Emotions.” May 25, 2021. <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-sweet-emotions/>

“Cutting out sugar, round 3.” April 25, 2021. <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-cutting-out-sugar-round-three/>

“Cutting out sugar, continued.” April 1, 2021. <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-cutting-out-sugar-continued/>

“What’s the big deal about sugar?” February 10, 2021.
<https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-whats-the-big-deal-about-sugar/>

“What’s the best way to eat?” January 15, 2021.
<https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-whats-the-best-way-to-eat/>

“How is staying home for the holidays like giving up gluten?” December 4, 2020.
<https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-how-is-staying-home-for-the-holidays-like-giving-up-gluten/>

“Fermented foods: Bacteria all the way down.” November 11, 2020.
<https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-fermented-foods-bacteria-all-the-way-down/>

“Mental (over)load.” October 20, 2020. <https://www.weloveannarbor.com/healthy-choices-with-health-coach-liza-baker-mental-overload/>

“What’s in my control?” September 24, 2020. <https://www.weloveannarbor.com/2020/09/24/healthy-choices-with-health-coach-liza-baker-whats-in-my-control/>

“Knock, knock...” August 17, 2020. <https://www.weloveannarbor.com/2020/08/17/healthy-choices-with-liza-baker-knock-knock/>

“Grow your cooking practice.” July 16, 2020. <https://www.weloveannarbor.com/2020/07/16/healthy-choices-with-liza-baker-grow-your-cooking-practice/>

“Here comes summer produce.” June 30, 2020. <https://www.weloveannarbor.com/2020/06/30/healthy-choices-with-liza-baker-here-comes-summer-produce/>

“Green light, speed bump, stop sign.” May 1, 2020. <https://www.weloveannarbor.com/2020/05/01/healthy-choices-with-liza-baker-green-light-speed-bump-stop-sign/>

“How’s your immune system faring?” April 16, 2020. <https://www.weloveannarbor.com/2020/04/16/healthy-choices-with-liza-baker-hows-your-immune-system-faring/>

“Accountability.” March 26, 2020. <https://www.weloveannarbor.com/2020/03/26/healthy-choices-with-liza-baker-accountability/>

“Goal Tending.” February 4, 2020. <https://www.weloveannarbor.com/2020/02/04/healthy-choices-with-liza-baker-goal-tending/>

“On going plant-based.” December 10, 2019. <https://www.weloveannarbor.com/2019/12/10/healthy-choices-with-liza-baker-on-going-plant-based-options/>

“You-nique-orns Are Real.” October 8, 2019. <https://www.weloveannarbor.com/2019/10/08/healthy-choices-with-liza-baker-you-nique-orns-are-real/>

“Moving on to SOUL Primary Foods.” September 13, 2019. <https://www.weloveannarbor.com/2019/09/13/healthy-choices-with-liza-baker-moving-on-to-soul-primary-foods/>

“Getting Your Nickel’s Worth.” September 3, 2019. <https://www.weloveannarbor.com/2019/09/03/healthy-choices-with-liza-baker-sole-food-getting-your-nickels-worth/>

“Cooking Up Some Primary Foods.” September 1, 2019. <https://www.weloveannarbor.com/2019/09/01/healthy-choices-with-liza-baker-cooking-up-some-primary-foods/>

“Getting Our SOLE Food On.” March 20, 2019. <https://weloveannarbor.com/2019/03/20/healthy-choices-with-liza-baker-getting-our-sole-food-on/> (Link has not been updated since website change.)

“Hit the pause button; just breathe.” February 6, 2019. <https://weloveannarbor.com/2019/02/06/healthy-choices-with-liza-baker-hit-the-pause-button-just-breathe/> (Link has not been updated since website change.)

“To Die(t) or Not to Die(t).” January 15, 2019. <https://weloveannarbor.com/2019/01/15/healthy-choices-with-liza-baker-to-diet-or-not-to-diet/> (Link has not been updated since website change.)

“An Intro to Kitchen Formulas.” December 11, 2018. <https://weloveannarbor.com/2018/11/07/healthy-choices-with-liza-baker-meal-planning-101/> (Link has not been updated since website change.)

“Meal Planning 101.” November 7, 2018. <https://welopeannarbor.com/2018/11/07/healthy-choices-with-liza-baker-meal-planning-101/> (Link has not been updated since website change.)

“Why Cook from Scratch and Eat Family Meals at Home?” October 24, 2018. <https://welopeannarbor.com/2018/10/24/healthy-choices-with-liza-baker-why-cook-from-scratch-and-eat-family-meals-at-home/> (Link has not been updated since website change.)

“On Going Dairy Free.” September 24, 2018. <https://welopeannarbor.com/2018/09/24/healthy-choices-with-liza-baker-on-going-dairy-free/> (Link has not been updated since website change.)

“On Going Gluten Free.” August 21, 2018. <https://welopeannarbor.com/2018/08/21/healthy-choices-with-liza-baker-on-going-gluten-free/> (Link has not been updated since website change.)

“Are ‘Substitutions’ a Healthier Option?” July 6, 2018. <http://welopeannarbor.com/2018/07/06/healthy-choices-with-liza-baker-are-substitutions-a-healthier-option/> (Link has not been updated since website change.)

“Demystifying Food Labels, Part 2.” June 4, 2018. <http://welopeannarbor.com/2018/06/04/healthy-choices-with-liza-baker-demystifying-food-labels-part-2/> (Link has not been updated since website change.)

“Demystifying Food Labels, Part 1.” May 10, 2018. <http://welopeannarbor.com/2018/05/10/healthy-choices-with-liza-baker-demystifying-food-labels-part-1/> (Link has not been updated since website change.)

burnout column, kuel life

“Productivity shmoductivity.” Kuel Life. October 19, 2021. <https://kuellife.com/productivity-shmoductivity/>

“Coming Through Burnout’s Heart of Darkness.” Kuel Life. July 13, 2021. <https://kuellife.com/coming-through-burnouts-heart-of-darkness/>

“You’re Doing It All Wrong!” Kuel Life. April 7, 2020. <https://kuellife.com/youre-doing-it-all-wrong/>

“Burnout or Perimenopause? (Does it matter?)” January 12, 2021. <https://kuellife.com/burnout-or-perimenopause-does-it-matter/>

“How to Make Sense of All the Ambiguity.” Kuel Life. October 27, 2020. <https://kuellife.com/how-to-make-sense-of-all-the-ambiguity/>

“DISTRESS | De-stress.” Kuel Life. July 10, 2020. <https://kuellife.com/DiSTRESS-de-stress/>

“Burnout + the Pandemic.” Kuel Life. April 9, 2020. <https://kuellife.com/burnout-the-pandemic/>

“Women, Burnout, and the Nonprofit World.” Kuel Life. January 18, 2020. <https://kuellife.com/women-burn-out-the-nonprofit-world/>

other articles

“Scratch that! Tips for cooking real meals at home.” *Crazy Wisdom Journal*. Issue 80, p. 52. <https://crazywisdomjournal.squarespace.com/current-issue-80>.

“EAT your way to health.” *Good Fat Life*. October 2020. <https://goodfatlife.com/>

“Flip Your KItchen® Basic Pesto.” Integrative Nutrition Recipes. March 28, 2019. <https://integrativenutritionrecipes.com/2019/03/28/flip-your-kitchen-basic-pesto/>

“How to create a 5 year plan that actually means something.” Everyday Power Blog. July 17, 2018.
<https://everydaypowerblog.com/five-year-plan/>

“SOLE food to SOUL food—Nutrition for the body, mind, and spirit.” We Love Ann Arbor. April 15, 2018.
<http://weloveannarbor.com/2018/04/15/aawc-sole-food-to-soul-food-nutrition-for-the-body-mind-and-spirit/>

“7 Ways to organize your day for success.” Everyday Power Blog. February 23, 2018.
<https://everydaypowerblog.com/organize-your-day/>

“Cooking as a Spiritual Practice.” *Crazy Wisdom Journal*. January 2018. Issue 68.

“How Your Life Changes When You Focus on Being Positive Regardless of the Situation.” Everyday Power Blog. March 20, 2017. <https://everydaypowerblog.com/2017/03/20/focus-on-the-positive-regardless-of-situation/>

“Recipe of the Month: Marinara Sauce.” Ann Arbor Family. January 2, 2017.
<http://annarborfamily.com/food/recipe-of-the-month-marinara-sauce/>

“How a Writer Self-Published a High Quality Book that Now Generates a Passive Income.” Chad R. Allen Blog. December 20, 2016. <http://www.chadrallen.com/2016/12/20/writer-self-published-high-quality-book-now-generates-passive-income/>

“Loneliness From a Nutrition Coach’s Point of View.” LoveAgainBlog. November 15, 2016.
<https://www.loveagain.com/dating-blog/loneliness/loneliness-nutrition-coachs-point-view/>

“10 Tips on How to Become a Better Cook—Even When Busy.” Everyday Power Blog. October 4, 2016.
<http://www.everydaypowerblog.com/2016/10/04/how-to-become-a-better-cook/>

“Self-care and ‘Happy Stockholders.’” Caerusnet Blog. October 3, 2016.

“15 Ways to Make Life Simple Again.” Everyday Power Blog. May 7, 2016.
<http://everydaypowerblog.com/2016/05/07/15-ways-make-life-simple/>

“How I learned to meditate.” Everyday Power Blog. March 25, 2016.
<http://everydaypowerblog.com/2016/03/24/how-i-learned-to-meditate/>

“Five things to NOT do first thing in the morning.” Everyday Power Blog. March 2, 2016.
<http://everydaypowerblog.com/2016/03/01/five-things-not-to-do-first-thing-in-the-morning/>

“How’s your reality testing?” Everyday Power Blog. February 1, 2016.
<http://everydaypowerblog.com/2016/02/01/hows-your-reality-testing/>

“How do you show up in the kitchen?” Crazy Wisdom Community Journal Blog. January 29, 2016.
<http://www.crazywisdomjournal.com/blog/2016/1/18/how-do-you-show-up-in-the-kitchen.>

“Intentional Leftovers: Always Cook for More than One Meal.” *Crazy Wisdom Community Journal*. Issue 62. January 2016. http://issuu.com/cwcommunityjournal/docs/issue_62.

Contributor. “50 Real Working Mum Survival Tips to Help You Stay Sane.” Mums that Work.
<http://mumsthatwork.com/50-real-working-mum-survival-tips-to-help-you-stay-sane/>.

“Flip Your Kitchen: Deconstructing Soup.” Health Coach Home Digital Magazine. Issue 10. February 2015.

presentations + workshops

Flip Your Kitchen® Sessions. Virtual cooking, nutrition, and meal planning workshops. Monthly, October 2021–May 2023.

Midweek Wellness Workshops. Virtual holistic health workshops. Monthly, October 2021–May 2023.

Deconstructing soup (virtual). Osher Lifelong Learning Institute @ University of Vermont. Burlington, VT. November 2, 2023.

Summer sauces + condiments. Osher Lifelong Learning Institute @ University of Vermont. Burlington, VT. June 27, 2023.

Welcome (back) to your kitchen (virtual). Osher Lifelong Learning Institute @ University of Vermont. Burlington, VT. March 21, 2023.

Zoom workshop + retreat co-host as part of Foundations of Wellness for Women Collaborative. Monthly, August 2020–December 2022.

EAT™ | Your Way to Health. Vermont SHRM Conference. Burlington, VT. September 23, 2022.

Basic Knife Skills. University of Michigan School of Public Health. September 15, 2021.

What's the best way to eat? Facilitator. Hospice of Michigan, Ann Arbor, MI. August 5, 2021.

Wellness Wednesday Workshop. Detox 101, Facilitator. RPT Realty. July 21, 2021.

Wellness Workshop Series, Facilitator. Merrill Lynch/Bank of America. July 6/13/20/21, 2021.

What's the Best Way to Eat?

Flip Your Kitchen®. Meal Planning Made Simple™

Cooking Demo. Buddha Bowls

DiSTRESS | De-stress

EAT™ Your Way to Health, Facilitator. Keller Williams Real Estate. July 15, 2021.

Vibrate Higher Through Food, Facilitator. Divine Feminine Shamans. July 9, 2021.

Stewarding Emotional Eating. Facebook Live for Pepperlane, July 7, 2021.

https://pepperlane.co/events/stewarding-emotional-eating-a-new-approach-to-the-same-old-thing_jul-07-2021_12-00pm

Stewarding Emotional Eating. Facebook Live for Dr. Sue McCreddie, MD. May 7, 2021.

Stewarding Emotional Eating webinar series for St. Joe's Ypsilanti *Tools to Thrive* series during Mental Health Awareness Month. May 2021.

Vibrate Higher Through Food, Facilitator. Divine Feminine Shamans. March 22, 2021.

Wellness Wednesdays Workshops, Facilitator. RPT Realty.

What's the best way to eat? January 6, 2021.

Let's go to the grocery store! February 24, 2021.

MI Women Food + Beverage Authors, Panelist. Ann Arbor, MI. February 1, 2020

Kitchen Coaching Series

Sweetwaters Coffee + Tea of Meijer on Ann Arbor Saline Rd., Ann Arbor, MI. January 5/12/19/26, 2020

What's the Best Way to Nourish Yourself?

Label Reading 101

Going (More) Plant-based

Thriving Without Certain Foods

Kale + Kryptonite: What's the best way to nourish yourself? NEW Center, Ann Arbor, MI. June 10, 2019.

SOLE Food. SOUL Food—Nutrition for Busy Women. Panel moderator for WXW Panel. Ann Arbor, MI. November 15, 2018

Flip Your K!tchen® Book Talks + Appearances 2016–2018

- Argus Farm Stop, Ann Arbor, MI. January 16, 2018
- Grow Your Business, Detroit, MI. September 23, 2017
- St. Nicholas Greek Orthodox Church Women's Expo. May 6, 2017
- All Things Food Co-op, Bryan, OH. April 24, 2017
- Northwestern Ohio Community Action Commission Health Expo. April 24, 2017
- Forsythe Middle School Staff Health Fair. March 24, 2017
- Chelsea Community Kitchen, Chelsea, MI. November 10, 2016
- Stamatopoulos + Sons, Ann Arbor, MI. November 7, 2016

PIVOT! Panelist on American Cancer Society panel about career shifts. Ann Arbor, MI. November 13, 2018

Flip Your K!tchen®. Invited speaker. Michigan's 2017 Best and Brightest in Wellness®. October 20, 2017.

Basic Knife Skills + Safety. UM School of Public Health, Ann Arbor, MI. September 20, 2017

Kale or Kryptonite? Align Chiropractic, Ann Arbor, MI. June 29, 2017

Feeling hot Hot HOT. McKinley Properties, Ann Arbor, MI. June 20, 2017

DiSTRESS | De-stress. VCA Hartland Animal Hospital. May 16, 2017

Flip Your K!tchen® Workshop. Northwest Ohio Community Action Council, Archbold, OH. April 24, 2017

Flip Your K!tchen® Workshop 2. MB Financial, Ann Arbor, MI. April 11, 2017

The Rooms in Your Life. Forsythe Middle School Staff Health Fair, Ann Arbor, MI. March 24, 2017

Flip Your K!tchen® Workshops 1+2. MB Financial, Wilmington, OH. March 21, 2017

Fermented Foods. Creating Space for Wellness, UM, Ann Arbor, MI. March 16, 2017

Flip Your K!tchen® Workshop 1. MB Financial, Ann Arbor, MI. March 15, 2017

Month of Margin: Creating Space in Our Homes and Our Lives. Collaboration with Holly Southerland, Traveling Organizer, Ann Arbor, MI. March 5/12/19, 2017

Show + Tell. Simply: Health Coaching. Women Business Owners of Southeast Michigan. February 7, 2017

DiSTRESS | De-stress. Eastern Michigan University Children's Institute. November 15, 2016

Invited Presenter, *Ladies Night. Beauty from the Inside Out.* Everfit Training Studio, Brighton, MI. October 19, 2016

Invited Speaker, Culinary Careers course. Kalamazoo Valley Community College, Kalamazoo, MI. September 22, 2016

Basic Knife Skills + Safety. UM School of Public Health. Ann Arbor, MI. September 21, 2016

Nourish: Spring into Healthy Eating + Positive Energy. Ann Arbor, MI. April 3, 2016

Breakout Session Presenter, *Local Food Summit 2016. Flip Your K!tchen*®. Ann Arbor, MI. February 15, 2016

Take Good Care: Mapping Your Way to Wellness. Ann Arbor, MI. November 8, 2015

Invited Speaker, Culinary Careers course. Kalamazoo Valley Community College, Kalamazoo, MI. October 19, 2015

Your Harvest of Health retreat. Montague, MI. September 25-27, 2015

Guest on *Ask Dr. Nandi* talk show. Detroit, MI. taped September 21, 2015

Flip Your Garden. Better Health Store, Novi, MI. August 12, 2015

Beat the Sugar Blues. Synergy Chiropractic, Ann Arbor, MI. June 25, 2015

Eating for Energy. Great Lakes Family Wellness Expo, Farmington Hills, MI. June 13, 2015

Nourish: Spring into Healthy Eating + Positive Energy. Ann Arbor, MI. May 3, 2015

Beat the Sugar Blues. A2 Martial Arts, Ann Arbor, MI. April 21, 2015

Eating for Energy. A2 Martial Arts, Ann Arbor, MI. February 9, 2015

Savory Snacks. Curves, Ann Arbor, MI. June 14, 2014

Sweet Treats / No Guilt. Curves, Ann Arbor, MI. March 15, 2014

Find Your Balance: How Round is Your Circle? Curves, Ann Arbor, MI. September 20, 2014

Flip Your Kitchen® Lunch Workshop. Michigan Holistic Nurses Association Annual Retreat. Howell, MI. September 27, 2014

webinars + teleseminars + radio + podcast appearances

the simply: health coaching podcast

Weekly episodes since March 11, 2020. <https://anchor.fm/liza-baker>

other appearances

“A Spark in Our Lives: Employee Wellness Consultant Liza Baker.” *The Arner Adventures Podcast.* December 6, 2022. <https://arneradventures.com/episode-51-liza-baker/>

“Meet the Elite Podcast.” November 2, 2022. <https://mailchi.mp/338b42d10dc0/stress-less-nov-2022>

“End Emotional Eating Masterclass Series” with Karrie Miller. August 5, 2022. (Replay available upon request)

“Holiday Health and Wealth.” *52 Pearls Podcast.* November 23, 2021. <https://52pearls.buzzsprout.com/1192601/9591337-episode-91-holiday-health-and-wealth-with-nutrition-coach-liza-baker>

“Triple Trouble Live.” Facebook Live in private group, Triple Trouble. November 17, 2021.

“Stay healthy while traveling.” Facebook Live in private group, Women with Wanderlust. September 30, 2021.

“Meal plan—or not—like a pro.” September 24, 2021. https://youtu.be/qkimZjB__Xk.

“Kick the Sugar Habit.” Jewish Family Services of Washtenaw County. September 23, 2021.

“What You’re Eating Isn’t Normal.” *Dare to Leap* with Kathy Goughenour. July 14, 2021. <https://evolutionizemedia.com/podcast/dare-to-leap/what-youre-eating-isnt-normal-liza-baker/>

“Using Your Intuition to Transform Your Business and Your Life.” Launch Your Wellness Business with Lexie Sparrow. July 1, 2021. <https://www.buzzsprout.com/1755203/8669480-34-using-your-intuition-to-transform-your-business-and-your-life-with-liza-baker.mp3?download=true>

“Stop the Insanity.” *The Art of Health Podcast* with Rob Bee. May 25, 2021. <https://theartofhealth.fit/podcast/lizabaker/>

“Preserving And Improving Women's Health More Than a Year into the Pandemic.” *Washtenaw United* interview with David Fair on WEMU. May 3, 2021. <https://www.wemu.org/post/washtenaw-united-preserving-and-improving-womens-health-more-year-pandemic>

“What’s the best way to eat? (The answer may surprise you.)” Virtual workshop for Jewish Family Services of Washtenaw County. April 21, 2021.

Washtenaw Community College Free College Week. “DiSTRESS |De-stress.” Virtual class for Washtenaw Community College. April 17, 2021.

“EAT™. Your way to health.” Virtual workshop for Lady Leaders of Real Estate’s Ann Arbor/Saline chapter. March 24, 2021.

Menopause, Marriage and Motherhood with Karen O’Connor. “Why It’s So Important to CELEBRATE Menopause.” March 23, 2021. <https://www.middleagedwomensstuff.com/p/ep66/>

The Firestarters: A Virtual Festival of Conversation. “Breaking Bad Habits.” March 5, 2021 <https://thefirestarters.co.uk/>

The Firestarters: A Virtual Festival of Conversation. “Morning + Evening Routines.” March 2, 2021 <https://thefirestarters.co.uk/>

The Purpose Drive Plate with Bryan Charles. “How to Show Up in Your Kitchen and in Your Life With Liza Baker.” March 1, 2021. <https://podcasts.apple.com/us/podcast/4-how-to-show-up-in-your-kitchen-in-your-life-liza/id1548018228?i=1000511068055>

“EAT™. Your way to health.” WXW monthly event series. February 18, 2021.

Make Life Delicious with The Curry Girls. “Burn Out Tips with Expert Liza Baker.” February 16, 2021. <https://podcasts.apple.com/us/podcast/037-burn-out-tips-with-expert-liza-baker/id1515367058?i=1000509234164>

“Wellness Wednesdays” at RPT Realty. January 6 + February 24, 2021

“Ann Arbor Ypsilanti Regional Chamber of Commerce Report.” *Lucy Ann Lance Show*. January 31, 2021. <https://www.lucyannlance.com/audio/012521/a2y.mp3>

Food Experience Unplugged with Michelle Seidling. “Confidently Conquering Unique Health Challenges in the Non-profit Sector.” August 26, 2020. <https://foodexperienceunplugged.com/2020/08/26/healthchallenges-non-profit/>

Guilt-Free Healthy Living with Kacee Leigh. “Nutrition + Quarantine with Liza Baker.” May 18, 2020. <https://www.kaceefitness.com/podcast/ep-29>

Panelist. *Wellness for Women* series with Dr. Suman Tewari, MD. “Beyond Covid-19.” May 9, 2020. https://drive.google.com/file/d/136HY2Kq5mHNPq2Lu70xHEHuKHiXSSAhD/view?ck_subscriber_id=832241187

Weekly Virtual Workshops. May–November 2020.

What’s the best way to eat?

Label Reading 101
Maybe I should give up ____
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Let's make a (meal) plan

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