

Chef
Sandra
Lewis

Founder: Life At The Table
Certified Culinary Medicine
Professional (CCMP)
Author: No Recipe. No Problem.



Health, Conversation, and Community

Chef Sandra Lewis, Certified Culinary Medicine Professional (CCMP), is a classically trained chef and the founder of Life At The Table, a virtual culinary school where students learn the skills and knowledge behind fearless cooking, turning “What’s for dinner?” from a dreaded question into a delicious one.

Life At The Table partners with organizations to improve employee well-being through interactive cooking experiences that combine practical culinary skills with evidence-based nutrition, and delivers engaging culinary team building events.

A Life Shaped By The Table

Her belief in the power of cooking began long before she became a chef. While building a career in corporate America and raising two daughters as a single mom, Sandra made home-cooked meals at the table a priority, no matter how busy life became.

Then, in 2009 – two years after first envisioning Life At The Table – she reached a crossroads between the life she knew and the life she imagined. She chose the dream.

She swapped sales for the stovetop, sold her house, packed everything into storage, and headed to culinary school. She graduated at the top of her class, earning an AAS with Honors in Culinary Arts from Le Cordon Bleu Dallas.



LifeAtTheTable.com
ChefSandraLewis.com



214-799-1333



WhatsForDinner@LifeAtTheTable.com

About Chef Sandra, cont'd

The Life At The Table Approach

Sandra founded Life At The Table in 2007 on the belief that cooking is more than a means of feeding ourselves. It is a foundational skill and one of the most powerful ways we create health, connection, and community.

Since then, more than 17,000 people have participated in Life At The Table programs, in-person and virtually, delivered by Sandra and chefs she trained in the Life At The Table approach.

At its core, Life At The Table is about giving people the know-how to cook delicious food, eat healthier, and create meaningful connection around the home table.

Her classes are lively and engaging, proving that cooking is not a chore but a source of creativity, joy, and calm, a rare chance to shift the mind from the busyness of life into a different gear.

Sandra also serves as an Adjunct Culinary Instructor at Dallas College, where she helps future culinary professionals connect culinary technique with the principles of healthy cooking.

Author

Sandra is the author of *No Recipe. No Problem.: Master 5 Essential Skills for Fearless Home Cooking*, a practical guide designed to help home cooks move beyond dependence on recipes by mastering foundational culinary skills.

The book reflects the philosophy at the heart of her teaching: confidence in the kitchen comes from understanding how cooking works, not simply following instructions.



LifeAtTheTable.com
ChefSandraLewis.com



214-799-1333



WhatsForDinner@LifeAtTheTable.com



About Chef Sandra, cont'd

Keynote Speaker

A dynamic keynote speaker, Sandra uses the canvas of food, cooking, and the shared table as a lens for conversations about health, resilience, connection, and everyday well-being. Drawing on more than two decades in corporate America, her culinary career, and her experience teaching thousands of people, Sandra brings a practical and deeply personal perspective to the stage.

Explore Sandra's speaking topics [here](#).

Education and Credentials

- BS in Mass Communications, Magna Cum Laude, University of Utah
- AAS with Honors in Culinary Arts, Le Cordon Bleu Dallas
- Certified Culinary Medicine Professional, CCMP
- Adjunct Culinary Instructor at Dallas College
- Author, No Recipe. No Problem.: Master 5 Essential Skills for Fearless Home Cooking



LifeAtTheTable.com
ChefSandraLewis.com



214-799-1333



WhatsForDinner@LifeAtTheTable.com

