



Chef Sandra Lewis, CCMP

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 brings teams together with engaging culinary team building events.

After more than two decades in corporate America, Sandra 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. Through her personal journey, she understands firsthand the challenge busy people face when trying to turn healthy intentions into dinner.

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

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

Sandra is the author of *No Recipe. No Problem.: Master 5 Essential Skills for Fearless Home Cooking*, a keynote speaker, and an Adjunct Culinary Instructor at Dallas College.

She’s passionate about giving people the know-how to cook delicious food, eat healthier, and create meaningful connection around the home table.

Sandra earned a BS in Mass Communications, Magna Cum Laude, from the University of Utah.

LifeAtTheTable.com

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