Introducing Wellbeats “Nourish” Nutrition Channel with 20+ New Classes

Do you struggle with eating healthy? Or not sure where to even start? This channel is all about giving you an easy way to learn the basics of healthy nutrition, plus providing simple recipes to make it both fun and enjoyable to eat well.

- What to Eat After a Workout
- A Beginner’s Guide to Macros
- Anti-Aging Foods
- Cooking to Improve Gut Health
- Fueling for Your Run
- Healthy Recipes including Protein
- Pancakes, Chocolate Cherry Smoothie, Chia Pudding Parfait, Overnight Oats, and more!

For a full list of what’s included in the Nourish Content Release, check out the classes below:

**Protein Pancakes**
2 minutes

Keep your mornings from falling flat with this tasty, 5-ingredient protein pancakes recipe! This quick, grab-and-go breakfast is perfect for busy mornings or even as a post-workout meal.

*Recipe: Protein Pancakes*

**Overnight Oats**
1 minute

Save time in the a.m. with overnight oats! This no-cook oatmeal recipe includes delicious ingredients like cacao nibs, cinnamon, and peanut butter and will keep you fueled and ready to take on the day.

*Recipe: Overnight Oats*

**Chia Pudding Parfait**
1 minute

This creamy, nutrient-dense overnight parfait is filled with healthy fats and fiber to keep you full all morning. Mix in cacao powder, bananas, or fresh berries.

*Recipe: Chia Pudding Parfait*

**Fueling for Your Run**
14 minutes

Olympian runner Carrie Tollefson is joined by Chef Marshall to talk through the best pre and post-run foods and what to avoid.

*Recipe: Chicken Pesto and Rice*
Nourishing vs. Eating
9 minutes
Chef Marshall breaks down the key differences between nourishing and eating and why it’s important if you want a well-balanced, healthy lifestyle.

Recipe: Skillet Chicken and Vegetables

Kiwi Avocado Smoothie
1 minute
Eating your greens has never been easier with this tasty, fiber-packed smoothie recipe! Filled with fruits like mango and kiwi, plus healthy fats like brazil nuts and avocado, this yummy smoothie is rich in nutrients and flavor.

Recipe: Kiwi Avocado Smoothie

Chocolate Cherry Smoothie
1 minute
This creamy, antioxidant-rich chocolate cherry smoothie is as healthy as it is delicious! Blend it up for the perfect on-the-go breakfast or mid-afternoon snack.

Recipe: Chocolate Cherry Smoothie

Fresh Start Smoothie Bowl
2 minutes
The Fresh Start Smoothie Bowl is filled with mood-boosting, nutrient-dense ingredients like leafy greens, zucchini, chia seeds, and nut butter. Top it off with some goji berries, cocoa nibs, and coconut.

Recipe: Fresh Start Smoothie Bowl

What to Eat After a Workout
7 minutes
So you finished a workout – now what? Chef Marshall will teach you what to eat after a workout to ensure maximum recovery.

Recipe: Roasted Vegetables and Ham Egg Bake

Cooking to Improve Gut Health
10 minutes
Are you experiencing indigestion, fatigue, or mood imbalances? Chef Marshall explains why gut health may play a factor and some surefire ways to improve it.

Recipe: Skillet Chickpeas with Broccoli and Goat Cheese

Cooking to Reduce Inflammation
11 minutes
Chef Marshall dishes on how to fight back inflammation while cooking a delicious “Broiled Salmon and Turmeric Coconut Rice” meal.

Recipe: Broiled Salmon with Turmeric Coconut Rice

Cooking with Healthy Fats
8 minutes
Chef Marshall dives into everything you need to know about healthy fats – what they are, and why your body needs them.

Recipe: Veggie Goat Cheese Scramble

A Beginner’s Guide to Macros
4 minutes
Dr. Kim Waters is here to teach you the basics on all 3 macronutrients – carbohydrates, proteins, and fats. Learn the distinct differences between the three, why your body needs them, and healthy examples to consume.

How to Master Portion Control
3 minutes
Do you struggle with portion control? If so, you’re not alone! With today’s average restaurant portions and food packages, it can be very easy to overeat. Dr. Kim shares her 5 best tips to help keep portion sizes in check.

How to Read a Nutrition Label
3 minutes
The nutrition label can be a great tool to help you make informed food choices – if you know what to look for. Dr. Kim explains what to pay attention to next time you’re scanning items at the grocery store.

Breakfast: Start Your Day Right
2 minutes
Jumpstart your morning with a healthy breakfast! While easy to skip, breakfast can help boost your metabolism, maintain energy, and keep you full all morning long. Get inspired with our favorite healthy breakfast ideas to start your day right.
10 Easy Snacks for On-the-Go
5 minutes
Don’t leave the house without one of these healthy, grab-and-go snacks. Whether at work or traveling, these top 10 healthy snacks are perfect for keeping you nourished and energized whenever hunger strikes.

Eat Better, Sleep Better
4 minutes
This class breaks down the relationship between nutrition and sleep – including how much sleep you should be getting, tips for improving your sleep, and even some recommended foods to eat before bedtime.

Anti-Aging Foods
3 minutes
Keep your body young – with nutrition! We reveal our 7 best tips for anti-aging so you can improve your overall health, increase energy, and feel awesome.

Sharpen Your Knife Skills
21 minutes
New to cooking or need to sharpen up your knife skills? Carrie Tollefson and Chef Marshall will give you a crash course on cooking with knives so you can slice, chop, and dice with ease.

Recipe: Pico de Gallo

Cooking with Oil
6 minutes
Which cooking oils should you keep on hand? Chef Marshall will cover everything you need to know about cooking oils, including how they’re made, which are best for cooking, and even how to store oils to extend shelf life.

Anti-Inflammatory Foods
5 minutes
Are you experiencing any food intolerance or indigestion? We share how to fight back any inflammation in your body with these 6 inflammation-reducing foods.

Gut Health 101
5 minutes
What exactly is a “healthy gut”? We help simplify everything you need to know about gut health including the 3 biggest contributors to gut health, food recommendations, and action steps you can take right now to feel good from the inside out.

Smoothie Basics
5 minutes
Who doesn’t love a creamy, delicious smoothie? Whether it’s a quick on-the-go breakfast, post-workout meal or even a mid-afternoon snack, we’ll teach you how to blend up the perfect smoothie in 6 simple steps.

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