

Wellbeats™

Content Release

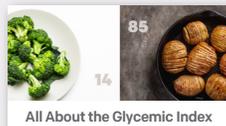
Wednesday, May 13th



Spinach Sweet Potato Omelet



Gluten & Dairy Allergies



All About the Glycemic Index



Importance of Hydration



The Ins & Outs of Protein

Nourish Your Body

Wellbeats is releasing 7 new cooking and nutrition education classes in the Nourish Channel! Certified nutritionists Katie and Christina cover topics like the glycemic index, gluten and dairy allergies, and the importance of protein in simple, easy-to-digest educational videos. Trained Chef Marshall O'Brien shares new cooking tips and meal demonstrations including a "Spinach Sweet Potato Omelet" and "Garlic Lemon Shrimp with Broccoli" recipe. Ready to dig in? Bon appétit!

For recipe printouts, you can also visit [Wellbeats.com/recipes](https://www.wellbeats.com/recipes).



All About the Glycemic Index
5 minutes

You may have heard the term "glycemic index" before... but what exactly does it mean? We break down what you need to know about this food ranking, plus some tips and meal ideas for maintaining a healthy, balanced diet.

Nutrition Education



Garlic Lemon Shrimp with Broccoli
13 minutes

Do you consider yourself a "picky eater" or often substituting ingredients in recipes? No problem! Chef Marshall shares how you can make any recipe work for you and even provides examples while cooking a "Garlic Lemon Shrimp with Broccoli" recipe.

Cooking Education, Recipes



Spinach Sweet Potato Omelet
7 minutes

Midday crash? Not anymore! Chef Marshall shares his secrets on maintaining energy levels throughout the day while demonstrating an energy-boosting "Spinach Sweet Potato Omelet" recipe.

Cooking Education, Recipes



Importance of Hydration

3 minutes

It's no secret that staying hydrated is an essential part of living a healthy lifestyle. In this class, we'll teach you dehydration warning signs, how much water you really should drink, and some fun ways to freshen up your water intake.

Nutrition Education



Understanding Gluten & Dairy Allergies

10 minutes

Not sure if you're gluten or dairy intolerant? We dive into the symptoms of gluten and dairy allergies, along with what nutrients and food recommendations you can substitute for each.

Nutrition Education



How to Plan Your Menu

6 minutes

Do you ever find yourself ready to cook a delicious, new recipe... only to discover you're missing an ingredient? Chef Marshall will help you avoid this with the help of prepping your meal schedule in advance.

Cooking Education



The Ins & Outs of Protein

5 minutes

Protein 101... straight from the pros! You will learn all the benefits, quality sources of protein, and even how to find a healthy protein powder.

Nutrition Education

Some classes may take longer to appear in the system.
Available classes may vary according to your content subscription.



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