

# 2025 CancerBridge Kitchen Series with The James Mobile Education Kitchen



Hosted by Cameron Stauffer RD & Chef Michael Carnahan



Click [here](#) to register once for the entire year!

\*\*All webinars below are scheduled for **11:00am**.\*\*

Date	Title & Description	Recipe
2/6	<p><b>Nutrition Reset: How to Realign Your Goals</b></p> <p><i>Start the year strong by learning how to realign your nutrition and wellness goals. This session will focus on practical strategies to create sustainable habits, meal plan effectively, and stay motivated throughout the year.</i></p>	Winter Buddha Bowl
3/6	<p><b>Powering Up with Protein</b></p> <p><i>Learn how to incorporate the right types of protein into your meals, whether you're an omnivore, vegetarian, or vegan. We'll explore complete vs. incomplete proteins and delicious ways to boost your intake.</i></p>	Lemon Herb Grilled Chicken or Tofu Skewers with Quinoa Tabouleh
4/3	<p><b>Kitchen Hacks &amp; Gadgets: Are They Worth It?</b></p> <p><i>From air fryers to spiralizers, discover which gadgets are worth your investment and how to use them effectively. We'll also share time-saving kitchen hacks that anyone can use.</i></p>	Zucchini Noodles with Sundried Tomato Pesto and Roasted Vegetables
5/1	<p><b>Restaurant Favorites at Home</b></p> <p><i>Learn how to recreate your favorite restaurant meals at home in a healthier, more budget-friendly way. Tips for balancing flavor and nutrition will take your cooking to the next level.</i></p>	Lightened-Up Shrimp Scampi
6/5	<p><b>Eating Seasonally/Eating Outdoors</b></p> <p><i>Celebrate summer harvest by exploring the benefits of eating seasonally. We'll share tips for outdoor dining and making the most of farmers' market finds.</i></p>	Grilled Veggie & Farro Salad with Lemon Vinaigrette

7/10	<p><b>Nutrition for Chronic Diseases: Prevention &amp; How to Find the Best Eating Plan for You</b></p> <p><i>Understanding how nutrition can play a key role in preventing and managing chronic diseases like diabetes, heart disease, and more. We'll review evidence-based eating plans and personalize them for your needs.</i></p>	Vegetable & Miso Noodle Soup
8/7	<p><b>Healthy Eating on a Budget</b></p> <p><i>Eating well doesn't have to break the bank. Learn budget-friendly shopping strategies, meal-planning hacks, and recipes that are both nutritious and affordable.</i></p>	Sweet Potato & Black Bean Tacos with Avocado Crema
9/4	<p><b>Reading Nutrition Labels/Grocery Shopping</b></p> <p><i>Navigate the grocery store like a pro. We'll decode nutrition labels, explain common marketing terms, and share how to make informed choices for your health.</i></p>	DIY Grain Bowl Bar
10/2	<p><b>Seed Oils &amp; Inflammation</b></p> <p><i>Dive into the science behind seed oils and their impact on health. Learn how to balance fats in your diet and make informed choices about cooking oils.</i></p>	Salmon & Walnut Pesto Pasta
11/6	<p><b>Dinner Recipes to Feed a Crowd</b></p> <p><i>Hosting just got easier! Explore hearty, crowd-pleasing recipes that maximize flavor without compromising on nutrition.</i></p>	Sheet Pan Herb-Roasted Chicken with Root Vegetables
12/4	<p><b>Mindful Eating</b></p> <p><i>End the year by reconnecting with your food through mindful eating practices. Learn techniques to enhance satisfaction, reduce overeating, and enjoy every bite.</i></p>	Dark Chocolate Bark with Nuts and Dried Fruit  Seared Pears with Granola



**Julia A. Duncan BSN, RN, CCM**  
**Nursing Program Manager**

Phone: 614-685-1869

Email: [jduncan@mycancerbridge.com](mailto:jduncan@mycancerbridge.com)

If you have any questions regarding our webinars, please feel free to contact me directly or you may email: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)

For clinical questions, you may contact our CancerBridge Nurse Line at: (855) 366-7700