



## **Solutions for Cooking Plant-Based Meals**

This seminar will show you how you can easily prepare and eat plant-based foods more often as part of your overall plans for a healthier and happier life.

Through group interaction and hands-on demonstrations, you will quickly pick up on the tremendous health benefits of consuming more plants on a daily basis, and the ease with which you can do so, while still enjoying meats, fish and poultry.

Consuming a plant-based diet on a regular basis is another way in which you can enjoy nourishing your body with more *real* foods, rather than foods that have been highly processed and stripped of their natural healthful benefits.

### **In This Seminar You Will Work With A Dietitian/Chef To:**

- Become more comfortable working with plant-based recipes
- To create delicious, nutritious and heart-healthy meals that will help you live your healthiest life possible
- To add a greater variety of recipes for breakfast, lunch, dinners and snacks
- To reduce stress by make use of time-saving appliances such as the slow-cooker, electric skillet and hand-held food processors
- To learn strategies on how to reduce gas and flatulence that comes from eating more plant-based meals

In addition to the above tremendous benefits; by signing up for this seminar, you will also gain valuable information on how to use certain spices depending on the dish, the specific health benefits that come from using more plant-based foods as well as how this way of eating is a sure way to achieve and/or maintain a healthy body weight.

**This seminar comes with a comprehensive booklet that has over 70 plant-based recipes and many health information, tips and strategies to truly help you live your healthiest and happiest life possible.**

**Facilitated by: Caroline LeClair, Dietitian, Certified Chef**

**Register Now**