

## *Cook the Way You Want to Feel*

Get your **eating** and your **health** back on track.

NO more stress around what to eat.

NO more crazy fad diets.

NO more relying on take out.

Organize your kitchen so it's stocked with the best foods for you.

Gain access to easy-to-follow recipes.

Save time and money by planning your meals.

### *Ten Pillars of our Signature Program*

1. Virtual cooking/nutrition classes with your culinary nutrition coach
2. Live cooking demonstrations and cook-along sessions
3. Coaching to help you set up a healthy kitchen
4. Nutrition review of the best products for your pantry
5. Stock your healthiest kitchen
6. Guides for meal prep and menu planning
7. Building a nutrient balanced plate
8. Access to hundreds of Mediterranean-inspired recipes
9. Live Q+A with with your culinary nutrition expert
10. Small group size with personalized attention

### *What to Expect*

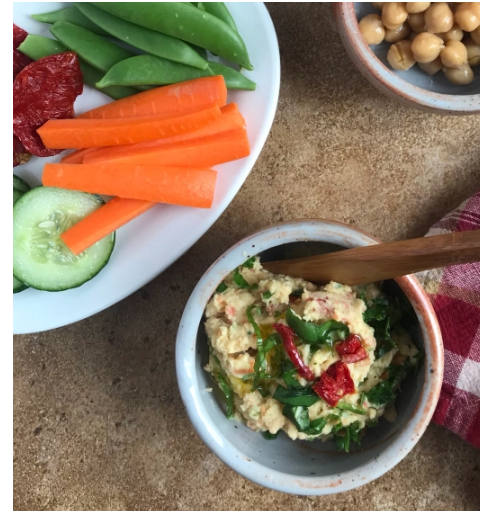
- Small group classes
- Convenient weekly virtual sessions
- 1-hour live workshops
- Cooking demonstrations that can be observational or cook-along sessions
- Classes will be recorded if you miss a class
- Handouts and recipes will be provided
- Q&A with your culinary coach at each session

Join us every **Thursday at 12 pm** for culinary nutrition demos at Athens Nutrition Facebook Page.

# *Cook Your Way to Better Health*



***Virtual Culinary  
Nutrition Workshop***  
***Lower your cholesterol***  
***Lower your blood  
sugar***  
***Reach your BEST  
weight***



Are you approaching or passing the age of 50 and finding your health is not what it used to be. Your **weight, cholesterol and blood sugar** are not going in the right direction. No matter what diet you try, **the scale won't budge**. Your **clothes don't fit**, your doctor is not happy with your recent lab work, your brain is foggy and you **feel tired all of the time**.

Now **imagine your energy is back**, you're eating foods you enjoy, no longer following restrictive diets and **your weight is going down**. Your doctor is thrilled with your cholesterol and blood sugar. You're sleeping better, waking up feeling refreshed. Your **clothes feel comfortable** and you look and **feel great**.

As a Registered Dietitian and culinary nutritionist, I **understand your struggles**. Many of my clients face these same issues. That's why I designed this workshop. It's time to **reclaim your health**, get **cooking**, and **enjoy the foods you love!**

## *Workshop Expectations*

- Less stress around meal planning
- Nutrition knowledge
- Improved cooking skills and eating behaviors
- Enhanced nutrient intake
- Organized menu planning and meal prep
- Well-stocked, healthier kitchen
- Enjoyment with cooking and eating

***Cooking is a  
Powerful Health Behavior!***