

True Health Begins in the Kitchen

The Academy for Delicious Plant Based Cooking Presents

## Two Classes in June

Taught by Carol D'Anca MS, CNS, LDN, Integrative Nutritionist and Longevity Thought Leader  
Hands on Cooking Instruction for Whole Food Plant Based Nutrition

### What does whole food plant-based mean?

Adopting a plant based diet means incorporating a broad range of food that are alkaline rich, high fiber and provide antioxidants that can prevent and, many times, reverse chronic illness.

The Academy for Plant Based Cooking is perfect for you if:

- You know you should be eating better but don't know where to start.
- You want to learn how to quickly and easily prepare delicious healthful plant based meals that your entire family will enjoy.
- You would like to learn the basic "truths" about nutrition and better understand how to make informed decisions.
- You are looking for a community of like minded individuals who support each other.



Photograph by Giovanni D'Anca

Classes will be held at  
**Commercial Kitchen**  
600, Deerfield Road, Deerfield, IL

Classes are **\$85.00** each

**Register for Both**  
and bring a guest to one class.

**Free Parking**  
across the street from the building

**Note:** The commercial kitchen  
is a short walking distance from  
the Deerfield Metro Station

**Thursday, June 13<sup>th</sup> 6:30 PM – 8:30 PM**

**Hands on Cooking and Tasting**

Summer should be time for stress free living: Cooking should be stress free as well! We will be using seasonal local ingredients and making salads that can easily serve as a meal. You will never run out of ideas using a 7-step system that never fails. We'll also be grilling fruits – methods for both stove top and outdoor grilling.

[CLICK HERE TO REGISTER](#)

**Thursday, June 27<sup>th</sup> 6:30 PM – 8:30 PM**

**Hands on Cooking and Tasting**

Food as Medicine: Learn the basics on how to lower your cholesterol, manage blood glucose and lose weight through whole food plant based dietary modification. We will be making scrumptious breakfast, lunch and dinner recipes.

[CLICK HERE TO REGISTER](#)

*Note: Handouts and recipes will be included. Due to personal attention and preparation, provided for each class, classes are not refundable; they are transferrable to another class time or another person however.*

Questions, or to Pay by Check? Contact Carol D'Anca MS, LDN, CNS  
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