

True Health Begins in the Kitchen

The Academy for Delicious Plant Based Cooking

PRESENTS

Summer Class Schedule

Taught by **Carol D'Anca MS, CNS, LDN**

Clinical Nutrition Culinary Training in Italy & Specializing in 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.



Summer classes will be held on Saturday, June 14th and 21st

[CLICK HERE TO REGISTER](#)

Saturday, July 14th 11:00 AM - 1:00 PM

New Summertime Recipes That You Will Love, PLUS Plant Based Grilling Ideas and Techniques for the best Tasting Veggies and Fruits!

If you are eating a plant-based diet or want to incorporate more plant-based foods in your diet you can enjoy your backyard grill in many healthful ways!

After a short presentation about the benefits of a whole food plant-based diet we'll move to the kitchen to do some veggie and fruit grilling that you can duplicate at home using a grill pan on your stove or on your backyard barbeque grill.

We'll also be preparing a full lunch menu that you will enjoy immediately after class.

Classes will be held at Two Separate Locations:

Commercial Kitchen
600, Deerfield Road, Deerfield, IL

Villa D'Anca
Address will be supplied to registrants

Classes are **\$65.00** each

Free Parking

in the lot directly west of the church
Register soon to reserve your spot!

Note: Classes are not refundable but are fully transferrable to another person if you can not make a session.

[CLICK HERE TO REGISTER](#)

Saturday, July 21st 11:00 AM - 1:00PM

Special Pizza Making Classes to be held at "Villa D'Anca"

Pizza is a favorite food of people around the world. Unfortunately, it has become unrecognizable from it's beginnings in Naples Italy where the typical Neapolitan pizza was born and continues being made in the same way. The basis of any great pizza is the dough. You will learn how to make your own dough and will be baking it with healthful toppings in the pizza oven at "Villa D'Anca." Address will be supplied to registrants.

As the pizzas are coming out, we'll enjoy the tastings with a glass (or two) of great Italian wine and a summer salad under the pergola. A tour of the garden is also included in this class.

Note: Different from all other classes, this class is *not* gluten free.

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

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