



JAN 17TH 2018 7-9PM

FUELING FOR AN

ACTIVE DAY

Preventing The Crash with High Protein Meals

Start your year off on a high note with foods that fill you up with loads of energy. Registered Dietitian Filomena Vernace-Inserra shows you how and shares her tips for incorporating rich sources of protein in every meal, whether you're at work, running errands or back from a workout. You'll sample high protein dishes prepared by cookbook author Fina Scropo – everything from yummy shakes to flippin-good pancakes to homemade energy bars to help keep you fueled and ready to tackle your new day, and your new year!



The Healthy Italian
COOKING FOR THE LOVE OF FOOD AND FAMILY

LONGO'S

**Rutherford @
Weston Rd**

**9200 Weston Rd
Vaughan**

Community Room

7-9pm

**Register with
Store Customer
Service**

905- 850-6161

\$30 per person

Fina Scropo

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&

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