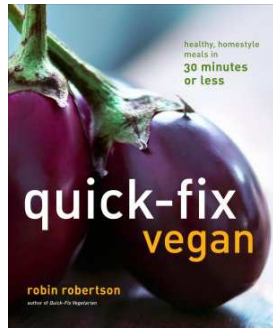


Introduction to A Plant Based Lifestyle



(book included)

The 'Whys & How's' of a
Plant Based Lifestyle

Plant Based vs. Vegan

Basic Food Groups

Hazards of GMO

Understanding Product Labels

Shopping Organic

Oils & Fats

Transition Foods

Tips on Eating Out

Cooking & Tasting

30 Days to Health & Wellness

With Chef Nancy



**\$225 Per Person
\$350 per Couple**

4+ hour Food Preparation Course
Classes Limited to 6

Classes@WF4HL.com

407-683-6817

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Plant Based Nutrition Advanced Meat Analogues Tofu ~ Seitan ~ Tempeh



Seitan 101 Cooking & Baking Techniques

Why Meat Analogues?
What is Seitan?

How Seitan is Made

Varieties & Flavors of Seitan

Uses and Recipes for Your Seitan

Tofu & Tempeh 101

Types of Tofu

Preparing Your Tofu

Tempeh Preparation

Using Tempeh & Tofu in
Recipes

Kitchen Equipment 101

**\$225 Per Person
\$350 per Couple**

4+ hour Food Preparation Course
Classes Limited to 6

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Plant Based Nutrition Advanced Dairy & Egg Free Cooking



Non-Dairy Cheese 101

Defining Non-Dairy Cheese

Using Non-Dairy 'milk'

Making Non-Dairy 'Milk'

Non-Dairy 'creams'

Types of Tofu

Tools & Equipment

Types of Cheeses

Non-Dairy 'Cottage Cheese & Yogurt'

Non-Dairy 'Fresh Mozzarella'

Non-Dairy 'Greek Feta Cheese'

Tofu Based Cheese

Nut Based Cheese

Soy & Almond Milk Cheese

Cheesy Seasoning Blends

Cheese Sauces

Tofu Eggless Dishes

Making Selected Cheeses

**\$225 Per Person
\$350 per Couple**

4+ hour Food Preparation Course
Classes Limited to 6

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Whole Foods Plant Based Lifestyle

Community Classes

Presented By:
**“Culinary Chef Enthusiast”
Chef Nancy**

Learn the basic tools necessary to get you started on the road to better Health. Learn how to take control of your body’s own Self-Healing Mechanisms

Cooking Class Contents

Each Class Will Include an Introduction to a Plant Based Lifestyle & Healthy Foods Choices

Each meal presentation will include a main course, and desert.

Designed for groups and held at your community center location.

Let Chef **Nancy** be your personal guide to your introduction to Healthy Whole Food preparation!

Cost \$45.00 each/ group class
(Minimum 8)

For Information
Please Call 1.407.683-6817
www.wf4hl.com

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2016 Class Schedules

Classes are Limited

Cost for Full Four Hour Class
Food, Training plus Cookbook
Included

\$225 Per Person
\$350 per Couple

Private Group lessons available by appointment only. Please call for cost and availability.

My Promise to you - *“With each course you select, you will be able to pick and choose from many cookbooks on the market. Whether it be Vegetarian, Vegan, Raw or Macrobiotic you will learn to understand the principle ingredients and preparations necessary for that variety of meal. You will create ‘Delicious 5 -Star’ recipes for your Family and Friends.”*
*** Chef Nancy ***

Please join us for a remarkable journey into a *“Lifestyle of Change”* that promotes *Health and Wellness, instead of Illness & Disease.*



Call 1.407-683-6817
www.wf4hl.com

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Presents:
**Plant Based Lifestyle
Cooking**



Courses
by
Chef Nancy

*One of Central Florida's Leading
Plant-Based Cuisine Chefs*

Cooking Courses
Preparing Delicious Meals

Beginners
Advanced

Community Classes
Corporate & Private Program

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