



363 Main St., Bath

Food for Life Nutrition & Holistic Cooking Classes for General Health, Weight Loss & Disease Prevention

Want to make healthy changes in your life – just not sure how to go about it? Healthy Plates is offering a series of 4 Workshops - Each class includes information about how certain foods and nutrients work to promote health and discourage disease, along with cooking instruction & demonstrations of deliciously simple and holistic, healthy recipes that can be recreated easily at home!

Includes demos, Tastings, Recipes, Tips and Lots of Information & Additional Resources

Classes run 7:00 pm – 9:00 pm

Monday Nov 8th Week One – Raw Green & Fruit Juicing - Breakfast Smoothies

Recipes: Green Vegetable & Fruit Juice - Breakfast Smoothies

Monday Nov 15th Week Two - Diet Patterns, Disease Prevention & Weight Control

Recipes: Coconut Vegetable Curry w/ Brown Basmati Rice – Mango Chutney

Monday Nov 22nd Week Three – Whole Grains

Recipes: Moroccan Grain, Nut & Seed Pilaf – Quinoa Mushroom Loaf – Multigrain Energy Bars

Monday Nov 29th Week Four – Beans Legumes & Pulses

Recipes: Vegetarian Chili – Chickpea Burgers – Black Bean Dip



\$40 p/class or \$140 for 4 Week Series

Cash, Visa, MasterCard & Debit Accepted

Sign Up Deadline Monday Oct 25th – Space is limited so that you can enjoy preparing the dishes hands on and get the one on one instruction. Recipes and fact & information sheets provided to take home. Tasting is enjoyed during the class (Come Hungry). Please bring your own apron, hand towel and reusable containers in case there are any leftover goodies to take home! Closed toe shoes are required for health & safety purposes.

2nd Dates if Monday Evenings fill up are Saturday 1pm – 3pm

November 6th 13th 20th & 27th