



Healthy Plates



Simple Nutrition

613-483-5144

363 Main St Bath, Ontario

healthyplates.ca

Food for Life Nutrition & 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 Classes - 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 healthy recipes that can be recreated easily at home!

Schedule

Monday June 7th Week One –

*Raw Green & Fruit Juicing
- Breakfast Smoothies*

Recipes: Green Vegetable & Fruit Juice - Breakfast Smoothies

Monday June 14th Week Two -

Diet Patterns, Disease Prevention & Weight Control

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

Monday June 21st Week Three –

Beans Legumes & Pulses

Recipes: Vegetarian Chili – Chickpea Burgers – Black Bean Dip

Monday June 28th Week Four –

Whole Grains

Recipes: Moroccan Grain, Nut & Seed Pilaf – Quinoa Salad

Classes Include: Demos, Tastings, Recipes, Tips and Lots of Information & Additional Resources.

Classes run 7:00pm – 9:00pm



\$35 per class or \$120 for 4 Week Series
Cash, Visa, MasterCard & Debit Accepted

Sign Up Deadline Friday May 21st – All classes are limited to six people so that you can enjoy preparing the dishes hands on and get the attention you may need. Recipes and fact sheets keep you informed throughout the course. Tasting is enjoyed during the class. Please bring your own apron, hand towel and reusable containers in case there are any left-over goodies to take home! Closed toe shoes are required for health & safety purposes.