

# Culinary Coaching for Optimum Health

## Wholesome Food Preparation

Do You Desire:  
Weight Loss? More Energy?  
Clearer Thinking? Emotional Balance?



Eat To Thrive---Giving ourselves the very best

This series empowers us to prepare healthy balanced meals, with simple recipes for delicious dishes on the topics of the week and eating for your blood and body type....

70% of Americans are overweight, especially the children. 90% of foods consumed are empty carbs, sugar, and harmful trans fats, preservatives, with little fiber and exercise. This results in a nation which is 75% overweight yet undernourished, and lacking in energy. Our diets effect our moods, intelligence, energy and our weight. Many of us would like to improve our diets. We desire better health and balance in our bodies.

So where do we begin??

**Join Anallia, for a 4 week series of educational and delicious food preparation classes Inspired by Brasilian, Italian, Middle Eastern, Mexican and Chinese cultures**

Gain knowledge on how our body works and what it requires for optimum health.

Sample, learn to prepare and take home recipes for simple, fast and tasty dishes and snacks.

**Breakfast:** How we begin the day ---The importance of Breakfast--our body's clock--How to work in harmony with it---On the go Power shakes to quick hearty breakfasts---Eggs and dairy--Learn the difference between good and bad Carbohydrates and Fats---The roots of Diabetes.

**Lunch Ideas:** Sprouting and Enzymes-- Hearty Soup Meals --Vege-burgers—Why vegetables?-- Innovative Tacos and burritos--Take to school lunch and snack ideas--Food Combining to lose weight-- Different Metabolic Types--Different needs—Wise cafeteria lunch choices

**Quick and easy dinners:** Explore delicious world of nutritious whole grains--Making three meals from one pot each of rice and beans--One Dish Meals--Tasty Salad ideas--Balancing Cholesterol-- Ideas for Incorporating Vegetables—Different Metabolic Types have Different needs

**Healthy Dessert and Snack Ideas :** Pick me up shakes---Dessert meals--The important role of snacks--Tasty dips make raw veges irresistible—Why Organic?--Easy snacks--Eating for blood and body type--Yummy Desserts--Maintaining perfect weight without dieting—Drink your veges

Anallia is Hippocrates trained in all aspects of nutrition, adding her Brasilian flavor to her recipes She specializes in sprouting, and has been sharing classes and private coaching for 25 years.

For more information please call Anallia (561) 839-6414