

A CHEF'S PERSPECTIVE MAKING PLANT BASED MEALS

JOIN US TO LEARN MORE ABOUT PLANT-BASED COOKING

Take the mystery and confusion out of what a plant based diet looks like. Learn how to prepare meals using plant sources that offer essential nutrients.

This program will cover how to create a menu and cook for a plant-based diet. A plant based diet emphasizes foods like fruits, vegetables, nuts, seeds, oils, whole grains, legumes and beans. It doesn't mean that someone is vegetarian or vegan and never eats meat or dairy. Rather, you are proportionately choosing more foods from plant sources.

A FREE THREE PART SERIES:

January 26, 2023 | 1:00–2:00 pm

Introduction to Plant Based Eating

February 2, 2023 | 1:00–2:00 pm

Taking the Confusion Out of Plant-Based Protein Sources

February 9, 2023 | 1:00–2:00 pm

How to Incorporate Fruits and Veggies

For more

INFORMATION

CALL 908-237-2328

REGISTER TODAY

Use the following link

<https://www.workcast.com/register?cpak=8934217369831097>



Featured Expert:
Shauna Alvarez
Executive Chef

Shauna Alvarez oversees the culinary and nutrition education programs and partnerships at America's Grow-a-Row – an organization that grows, gleans and delivers fresh produce at no cost to those who need it the most. Shauna shares her culinary knowledge to help you prepare and/or transition to making plant based foods the star of your plate.

A PLANT-BASED DIET OFFERS POWERFUL HEALTH BENEFITS SUCH AS:

- Reduced risk for Type 2 Diabetes
- Reduced risk for Heart Disease
- Reduced risk of Cancer