



Dinners by Design | Healthier Eating Solutions for Modern Living.™
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Cooking Class Schedule 1st quarter 2010

Cooking Gluten free comfort foods (Prt 1.) with personal Chef Natalie Brake

Living with Celiacs Disease or gluten intolerance can be very challenging, especially at first. This 2 part class covers some practical tips and techniques on cooking gluten free as well as covering more advanced topics like breads and baking. Whether you've been diagnosed recently or you're a seasoned GF eater, you'll learn a ton from this class while connecting with like-minded food lovers. * Please note that our facility is NOT a 100% gluten-free and you are responsible for your allergies while at the class. Recipes are vegan and as gluten-free as possible. Recipes, handouts, Cooking demonstration and food sampling included. Special guest from the Celiacs association will be at the class to answer your questions.

Monday Jan 4th

6-9 pm \$130 both classes, \$70 per

Cooking Gluten Free for kids (Prt 2.) with personal Chef Natalie Brake

Gluten can pose a serious challenge for some children and of course their parents. In this 2 part class we will talk about how to overcome some common roadblocks such as picky-eaters, Birthday parties/group scenarios and finding the right recipes. You'll learn a ton from this class while connecting with like-minded parents. * Please note that our facility is NOT a 100% gluten-free and you are responsible for your allergies while at the class. Recipes, handouts, Cooking demonstration and food sampling included. Special guest from the Celiacs association will be at the class to answer your questions.

Monday Jan 11th

6-9 pm \$130 both classes, \$70 per

Freezer Cooking for the busy Cooks with personal Chef Natalie Brake

If you have a busy lifestyle and you need some healthier eating solutions; this class is for you! Freezer home-style cooking has become a whole industry in itself, as it provides a wholesome alternative to fast-food and convenience options. In this class you will learn the basics of what you can and cannot freeze as well as how to adapt your favourite recipes. You will be amazed at what is possible, and how when you apply these techniques, you'll suddenly have a lot more quality time at the dinner table. Recipes, handouts, Cooking demonstration and food sampling included.

Monday Jan 18th 6-9 pm \$70

Food for Beauty with personal Chef Natalie Brake JAN 7th

Do anti-oxidants really keep facial skin young? How can guacamole keep me lean and gorgeous? The secret to everlasting beauty is that there is no secret; just a combination of healthy life-long habits. This 2 part class covers the Food part of the equation, with a focus on foods that support glowing skin, sustainable energy, metabolizing lean muscle, shiny hair and nails and more. As a bonus we will learn to make simple homemade beauty products just like the ones that originally made the Body Shop leap to fame. Recipes, handouts, Cooking demonstration and food sampling included.

Monday Jan 25th 6-9 pm \$70

Introduction to the Zone way of life + Zone cooking with personal Chef Natalie Brake

What is the “Zone”? Just another fad diet? No way! Chef Natalie has personal experience with this science based “diet” that has impacted her life in a way that she believes will impact yours. Developed by a passionate Doctor and backed by years of sound research, Dr Barry Sears has discovered a simple combination of food that maximizes metabolism, increases energy and eliminates the crave-carbs-crash cycle that makes people reach for calorie dense food. It’s a simple eating method that makes even the most stubborn foodie see results. (Trust a Chef!) Recipes, handouts, Cooking demonstration and food sampling included.

Monday Feb 1st 6-9 pm , Saturday Feb 6th 1-4pm

\$130 both classes, \$70 per

Cooking for a Cleanse with personal Chef Natalie Brake

No sugar, no yeast, no processed foods, no dairy, no fun? Not exactly. The benefits of cleansing far outweigh the sacrifice. If you’re planning a spring cleanse, be it Candida, Parasite or other, this Cooking Class will help you get the most out of what’s available on your seemingly tiny ALLOWED foods list. Included in the class is a 2 week Dinners Meal plan that includes low-sugar AND no-sugar options. You can use it for your cleanse when the time comes. Recipes, Wine, handouts, Cooking demonstration and food sampling included.

Monday Feb 8th

6-9 pm \$70

Cooking with tofu with personal Chef Natalie Brake

Want to start cooking with healthy, versatile tofu, but aren't sure where to start? Tofu can be used as the main protein in any dish, and may be fried, baked, or even grilled. It's not hard to prepare once you understand its characteristics. In this 2 part class we'll also discuss the health benefits of Tofu, like being low calorie and high in protein, having no

cholesterol and being great for the heart. We will also look at what the controversy around Tofu/Soy is all about. Recipes, Wine, handouts, Cooking demonstration and food sampling included.

Monday Feb 15th

6-9 pm \$70

Cooking and storing wholesome Baby food with personal Chef Natalie Brake

Making your baby's food homemade gives you total control over what is put into your baby's food; you know it's free of additives that a tiny tummy simply does not need. If your baby is prone to food allergies, Homemade Baby Food will help you ensure that no foods that are allergenic are hidden. Healthy eating habits develop earlier as your involvement is dedicated to making only high quality, healthy baby foods and snacks. Your baby will benefit from these healthy eating habits long after that college diploma is in hand. Recipes, handouts, Cooking demonstration and food sampling included.

Saturday Feb 20th

1-4 pm \$90

Cooking for Vegan Children (ages 3-12) with personal Chef Natalie Brake

Is a vegan diet healthy for an active, growing child? Absolutely. Children raised on a vegan diet eat more fruits and vegetables than their meat-eating counterparts. They are sick less often, and don't have as many food allergies.

This class provides and supportive information that make feeding vegan children simpler and more creative. Recipes, handouts, Cooking demonstration and food sampling included.

Monday Feb 22nd

6-9 pm \$70

March Classes coming Soon!

Classes above held at Terralicious Cooking School, 741 Halliburton rd Saanich BC. See our website for details about private classes and customized classes.

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