

Cooking Schedule

January - June 2016

Cooking Classes

When you take a Well of Life cooking class, you will learn that eating healthfully is delicious. We teach a “real food” diet and you will prepare recipes your body will appreciate! Real food is considered something that has life and is not able to sit in your pantry or even refrigerator for an unspecified amount of time; it is life-giving.

During the class, you will learn the importance of nutrition, gain some time-saving tips and techniques, and participate in conversations about local sources for organic produce and local farmers. At the end of each class, we will sit down, family-style, to enjoy our creations. Over the meal, participants typically share their experiences, successes, and struggles with eating real food in a predominantly processed food world, and may even debunk some health food myths. You will leave class with an appreciation for real food and a strength in knowing you are treating your body WELL!

Each of the following classes takes place on a Saturday and begins at 10 am. Class cost is \$40 per person. With our Cooking Club Card, you can attend 5 cooking classes and receive the 6th FREE!

January 30th *Asian Inspired in 5 Ingredients or Less:* Coconut Curry Chicken, Ginger Mint Sweets, Some Yum Whitefish, Fried “Rice” Cauliflower, Chai Spice Pudding, Coconut Macaroons

February 27th *We Love Chocolate:* Chocolate Espresso Snowballs, German Chocolate Protein Bars, Balls of Joy, Chocolate Oat Bars, B & B Strawberries

March 5th *Sugar Substituted Sweets:* Caramel Delights, Walnut Fudge, Purple Velvet Torte, Macadamia Nut Clusters, Lemon Parfait

March 19th *Easter Brunch:* Blueberry French Toast Casserole, Portable Quiche, Cinnamon Rubbed Lamb Chops, Sweets with Ginger and Lime, Simply Surprising Strawberries

April 30th *Well Approved Bread & Butter:* Crusty French Bread with Homemade Nut Butter and Jam, Sweet Potato Biscuits with Herb Butter, Cheesy Flat Bread Pizza, 5-Minute Bread with Sweet Sunflower Spread, Cinnamon Chocolate Banana Bread

May 7th *Mother’s Day Tea:* Frittata Muffins, Select Tea Sandwiches, Cynthia’s Scones, Lemon Tart, Chocolate Pops

June 11th *Basically Chocolate:* Chocolate Avocado Pudding, Black Bean Brownies, Chocolate Earth Balls, Chocolate Chip Cookies, Chocolate Smoothies

Tell & Show Classes

These classes are part informational, part hands-on cooking, so you not only learn the “what” and “how” of eating the Well of Life way, but the “why” as well. During this class, we offer a 15-20 minute presentation, followed by the cooking portion of the class. You benefit by learning the synergy of the ingredients and, when consumed, how they become an instrument in healing.

Class cost is \$50 per person.

Got Milk? Go Nuts!

Wednesday, January 20th, 5:30 pm

Bone Broths

Saturday, February 6th, 10 am

Is Your Body Ready For a Cleanse?

Thursday, March 10th, 5:30 pm

Eating For Baby & You

Wednesday, April 20th, 5:30 pm

Parasite Protocol

Tuesday, May 17th, 5:30 pm

All cooking classes are held at our Ottsville office. Classes and recipes are subject to change. Call 610-847-1941 to register • 8340 Easton Road, Ottsville, PA 18942 • wellofifecenter.com

Eating the Well Way

This special class is offered quarterly to clients and their guests during which we share knowledge, a “home-cooked,” healthy, family-style meal, and conversation. Our Well Chef talks about healthy foods, snacks, green smoothies, broth, favorite easy recipes, food preparation, pantry items, local food sources, and money-saving tips. Plus, long-standing clients of the Well share how they overcame the challenges they encountered on their journey, and how they have been supported and blessed in facing their struggles. Most of all, you learn how eating healthfully is not about a diet, it is a lifestyle change - eating food that our body can use to heal and live vibrantly!

Saturday, January 9th, 10 am

Saturday, April 9th, 10 am

Class cost is \$35 per person, which includes a meal!

Book your own Private Class!

Are you looking for a fun, unique night out with friends? Look no further! You and a group of friends can participate in your own private cooking class, scheduled for whatever time suits you best! You will be able to choose from a variety of our menus, and a Well of Life chef will guide you through each delicious recipe. This is a great activity for a girl's night out, a couple's date night, a bachelorette party, or simply a friendly gathering! Enjoy delicious food with people you love; you can even bring your own wine!

For more information or to schedule a class, call our Well of Life chef at 610-847-1941, ext. 609. You must have a minimum of 6 participants.

Can't make it to a class? Try one of our cookbooks!

Our Well of Life Cookbooks are full of healthy, delicious, and Well of Life Approved recipes that teach you how to eat seasonally, the way your body was designed to eat. With recipes for breakfast, lunch, dinner, desserts, soups and salads, and drinks, these cookbooks have something to satisfy everyone's taste buds!

Choose from our *Fall & Winter*, *Holiday*, *Spring & Summer*, *Cooking Classes: Volume I*, or *Cooking for Health: Parasites* cookbooks for \$24.95 each.



iPLAN Meal Planning Program

If you find that you would like more help figuring out what to eat, try our iPLAN Meal Planning Program. This program will help you take the guesswork out of planning healthy, nutritious meals for you and your family, and is individually designed to your specific likes and needs.

With the iPLAN, you will receive a two-week schedule of Clinician-approved recipes, including selections for breakfast, lunch, and dinner, as well as additional suggestions for substitutions and alternatives that will help you use this meal plan for two to three months!

Don't miss our special

Date Night Cooking Class: Love in the Kitchen!

On the menu:

Baba Ghanoush

Sweet Mashies

Cuddled Brussels

Avocado and “A-Love” Salad

Crimini Lamb Chops and Rosemary

Chocolate Torte with Salted “Caramel”



Saturday, February 13th, 6 pm

\$75 per couple

Call 610.847.1941 to register.