

Power Packed Nutrition

... a raw food lifestyle demo

presented by :

Linda Szarkowski

Raw Culinary Arts Chef & Instructor



The Living Foods Diet, pioneered by Dr. Ann Wigmore, is a healing diet ideal for:

recovering from illness

losing weight

building immunity

aiding digestion and

maximizing health & vitality



In Power Packed Nutrition, Chef Linda will show you how to make:

- ✦ Rejuvelac, a fermented food which aids digestion & builds the immune system
- ✦ a complete-meal blended energy soup ~ great for cleansing & rejuvenation
- ✦ wheat-free crackers that are packed with protein, calcium and omega 3 fats
- ✦ crispy Kale Chips
- ✦ a delicious Asian salad with mineral rich Kelp Noodles
- ✦ a dessert with nutrition packed Chia seeds

Menu: Green Leafy Sprouts, Wheatgrass and Sunflower Greens, Sprout Salad with Tomato Basil Dressing, Rejuvelac, Energy Soup, Kelp Noodle Salad, Kale Chips, Hemp Sesame Seed Crackers with Tex-Mex Dip, Chia Pudding

You will also learn how to grow sprouts, wheatgrass & sunflower greens - living foods - rich in enzymes, protein & nutrients.

For radiant health & vitality, please join us for this enlightening event:

When : Thursday March 11th, 2010 6:00 pm til 9:00 pm

Where: Colon Care Inc. 920 N. Franklin suite 402 Chicago Illinois 60610

Fee: \$ 65.00

Registration: call Christina Czuj at 847 971 9691 or register online at www.greenspiritliving.com



Linda Szarkowski is a graduate of the internationally renowned Living Light Culinary Arts Institute, where she received her certification as a Raw Culinary Arts Chef and Instructor. Linda is also a certified Raw Nutrition Educator. She is passionate about sharing the raw living foods lifestyle with others and now teaches raw culinary arts classes throughout Chicago. Formerly she was a chef at the award-winning Chicago Diner, as well as at Beets Café in Austin, Texas. She also offers personalized training and private chef services.