



Kickstart NUTRITION

What's Cooking Good Looking?

Experience a cooking sensation. Learn how to cook delicious gourmet, healthy meals that your whole family will enjoy. All classes will include demonstration, explanation and nutritional value of ingredients, recipe handouts and a full meal. You are welcome to bring your own wine.

A Taste of Italy

- Roasted mushrooms caps with goat cheese
- Tuscan bean and polenta soup
- Arugula and pine nut salad
- Penne with triple tomato sauce
- Strawberries with vanilla yogurt creme
- Espresso meringues

Cost: \$70 (+GST)

Dates: August 13 7:00pm – 9:30pm

A Taste of Spain

- Spanish tortilla
- Crostini with rosemary bean spread
- Mesculan greens with roasted lemon vinaigrette
- Chicken Marbella
- Mixed fruit in a lemon/lime marinade

Cost: \$70 (+GST)

Dates: September 24 7-9:30 p.m.

A Taste of Japan

- Edamame
- Organic white miso soup
- Brown rice sushi
- Spicy grilled eggplant

Testimonials

"What an outstanding culinary adventure! Who would of thought that eating healthy could be so easy. I was inspired! It was over the top! Educational, fun and super food with very little prep time involved.

A very special and memorable night. In fact this experience surpassed many of the 4 diamond restaurants that I have dined in.

I highly recommend her classes to any level of cooks, from beginner to novice."

C. Klein

"An evening that I will savour for the rest of my life."

Liat

"Thank you very much for a great evening! I really enjoyed the class and the food was wonderful! I look forward to seeing you in the future. Thank You."

Victoria Lucas



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- Chicken yakatori
- Mango sorbet

Cost: \$70 (+GST)

Dates: October 22 7:00pm – 9:30pm

A Taste of Thailand

- Rice paper rolls
- Green mango salad
- Chicken and coconut soup
- Pad Thai
- Lemon sorbet

Cost: \$70 (+GST)

Dates: November 19 - 7-9:30 p.m.

Register early as classes fill up quickly.

To register, please send an email to confirm your attendance to dini@kickstartnutrition.com with the subject line "Cooking Classes" or call 416.371.2059. This will confirm your spot in the class.

Payment must be received 3 weeks prior to the start of the course. If payment is not received, you spot will go to the next person on the waiting list.

All classes will be held at 17 Moodie Drive in Richmond Hill.

Testimonials

"Thank you so much for a fantastic evening!!!!!! I loved your presentation. You are born to do this.

I will definitely come to all your sessions."

Beata Archondakis

"I tried making the salmon tonight and it was amazing!!!! Thank you so much for doing this class! By the end of it I might actually have the confidence to say that I can cook.

You are such a great teacher, and I know this is the start of something big for you. Please sign me up for all of your classes. You have made me excited about doing something I never thought I could do. Thank You."

Melannie
Cohen



TERMS & CONDITIONS

We reserve the right to cancel or postpone classes with full reimbursement if classes do not fill minimum.

Classes cancelled one week prior to commencement will be subject to a \$10 administration fee. There are no make up classes, however recipes will be available. Please note there are no refunds after the start date.

Kickstart Nutrition is not responsible for any injury, loss or damage to persons or property during the class.