

# KETO 101

*Applying the latest nutritional knowledge to simple everyday cooking.*



A keto or ketogenic diet is a low-carb, high-fat diet that can help you burn fat more effectively and lose weight. It has many benefits for overall health and performance. I'll make it simple to understand a keto diet and teach you how to eat a keto diet based on whole, real foods.

- Four nutrition + cooking classes, 90 minute duration, 6 participants per class
- Learn about **healthier food choices** for you and your family
- Focuses on **fresh, local vegetables, healthy fats** and meats (optional)
- **Healthier options** for refined wheat, dairy, fat and sugar
- Tips on food shopping, prep, quick + easy dishes, **recipes + meal planning**
- **Cooking demo + food tastings** at every class
- **KETO101 hand-outs** for easy referencing and keeping on-track
- **Online health community + nutritional coaching** for an entire year, to provide 'accountability buddies', improve motivation and achieve lasting change
- Establish short and long-term Keto **nutrition and health goals**
- **Cost:** \$145 (+ hst). Location: St Catharines
- Optional: grocery store tour

**Classes start June 11, 7 pm.**

Registration 905-658-4941

food101program@gmail.com

www.FOOD101.ca



*Lynn Ogryzlo* is a food writer, an award-winning cookbook author and local food champion with decades of experience cooking from the farms and fields of Niagara. She is now a certified Holistic Nutritionist.