

YIELDING ACTION HEALTH COACHING
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<http://yieldingaction.com>

Healthy Meal Makeover Night \$25 per person, 4-6 people (optional one-on-one instructions as well - \$45 per hour)

It can be intimidating to make the meals you love healthier. How do you eat healthy and still eat yummy stuff? Many people ask that in the beginning, but after a while your tastes buds fall in love with foods you thought you'd never enjoy!

Invite a few friends in for a yummy meal, maybe ask each person to contribute a recipe for either the appetizer, salad, dinner, or dessert. They will give me the recipes ahead of time and I will re-write them to be healthier. The night of the meal I will cook each part teaching and answer questions as we go. The best part? Then we eat it! Recipes need to be take 1 hour or less per recipe.

I do the shopping! I also offer health shopping trips at \$45 per hour.

Ideas:

Appetizer Night
Dessert Party
Smoothie Party
Getting read for the Big Game – making over game night food.
Courses
A typical meal
The options are endless!

Menu Planning \$45 for one-on-one or \$15 per person for groups.

You have some great ideas, know some healthy recipes, but just need a little organization and few ideas to help you eat healthy from the beginning of the week to the end. Learn how to make a meal plan that fits your needs. In this workshop we learn about the components of a healthy meal and lifestyle and how to plan out meals to help us stay on track. Each person will receive a meal plan worksheet and learn how to complete for themselves. I do not plan the meals, but walk each person through the process and help them find the plan that works for them. This gives you a new skill you can continue to use well past our workshop.

Topical Workshops (any workshop may be used as a Group party)

Throughout the year I hold topical workshops such as:
Cooking with grains
Taking beans beyond chili
Meatless Monday – How to add vegetarian meals to your lifestyle

Check the calendar at <http://Yieldingaction.com> for dates and information