

# INTRODUCTION TO THE WHOLE FOOD LIFESTYLE

Take the first step towards vibrant living

## LEARN:

- about optimal food balance
- about foods that give us great health & energy
- how we get optimal digestion & absorption
- to make Chocolate Brazil nut milk
- how to grow and love sprouts
- how to make Green Smoothies and Energy Soups
- how to make "NOT TUNA" salad
- Spaghetti with Pesto
- Mediterranean Kale Salad
- decadent Fudge Brownies
- lot's of tips and resources



**WHEN:** 1<sup>st</sup> May (Saturday) , 12noon – 5pm

**WHERE:** GREENLANE CHRISTIAN CENTRE  
17 Marewa road, Green Lane, Auckland

**TUITION:** GIFT FROM YOUR HEART

To register see our website  
[www.fromgreytogreen.co.nz](http://www.fromgreytogreen.co.nz)  
or call Renata 021 182 8092 (BOOKINGS ESSENTIAL – maximum of 35 people)

These classes rejuvenate your entire health with weight loss, energy renewal, and so many more positive aspects.

Join raw culinary arts chef Renata as she teaches you to make a wonderful selection of the most extraordinary, healthy dishes as she learnt at living light in California.

Totally delicious!!!

from GREY to GREEN<sup>®</sup>  
RAW FOOD FOR LIFE