

Gourmet Nutrition Workshop



Upgrading your nutrition with a stimulating dining experience

- Introduction to mindful nutrition, philosophy of “making healthy taste good”
- Basic food prep skills – styles, safety and maintenance
- Tool instructions – Spiralizer for vegetable noodles, food processor, etc..
- Flavoring 101. Finding your delicious & adding it to the foods we need
- Specialized menus for dietary needs
- Understanding the importance and many benefits of eating nourishing foods
- Root of all dishes, working with the components and base recipes
- Recipe Development; mocking favorite cooked recipes, essential tools
- Upgrading: Knowing the ingredients and cooked ingredient substitutions and upgrades. Using the best herbs and spices.

The Power of Delicious

“the power of delicious” into action by showing people that good nutrition and great taste can join together on the same plate. Jason acts as a culinary translator, who can take nutritional recommendations and transform them into delicious and nutritious meals that will bring people back to the table.

This dining experience is about using purpose driven approach to shift your paradigm about cooking. All ingredients contribute to health while being fueled by delicious. Includes meal, snack, training packet, and presentation. We would focus on a topic and choice of a couple of meals.

\$300 Minimum – 4 People

- Serves up to 8 people (Extra \$50/head after 4)
- Demonstration – Instructional demonstration designed to understand the process and remove intimidation – Introduction to cooking tools, how to use and make your job easier.
- **Recipes – Recipe breakdown, design and ingredient list**
- 3 Course Meal
- Desserts
- Learn: Clean up and Prep tips
- Intuitive cooking - flavoring and seasoning
- Interactive Q&A

Menu (customize)

Pick a **theme** below or choose **a la carte**

Notes: Pick plant based, gluten-free, dairy-free, paleo

All Recipes are built around nutrient dense/low carb ingredients

Trust the process – Jason is happy to put together a custom experience based current menu from seasonal foods and recipes

Step 1 (choose 2)

Choose your sides or bases

Current options

- Cauliflower rice/Cous cous (spanish rice, curry, Italian fusion)
- Zucchini Pesto Pasta (Low-No carb pasta w/kelp noodle option)
- Cream of Broccoli Soup (luscious dairy-free soup that can be the main entrée)
- Brussel Hash with Umami
- Satisfying Sauteed Greens (rainbow chard, kale, Bok-choy)
- Roasted Fennel Hash
- Carrot & Parsnip Pasta Salad – Filling pasta alternative
- Mojito Cucumber Salad – Sliced cucumber refresher
- The best Kale salad that you've ever had (satisfaction guaranteed)
- The Roots 2.0 (Root veggie pasta)
- Buddha Bowl (Farro, cauliflower, squash, and flavor)
- Rocket Fennel Apple-seed (arugula, shaved fennel, and apple bowl)

What's your flavor? Choose sauce

(all are dairy-free & gluten-free) Recommendation can be made

- Upgraded Hot Sauce (liquid gold – anti-inflammatory, energizing, and delicious)
- Umami – The flavor of delicious, an “everything style” with layers of flavor
- PBJ Umami – Plant based protein boosted umami sauce
- Cilantro-Cashew Cream
- Upgraded ranch
- Macademia Nut Pesto (dairy-free)
- Lemon tahini
- Islander Ponzu – Creamy-citrus sauce with an Asian fusion flare
- Sesame Ginger Peanut Sauce

Main Entrée (Choose protein)

- Chopped Entrée – Similar to Stetson chopped with lower sugar and dairy free
- Low Carb Carne Asada Tacos – Grass-fed Beef
- Low Carb Pizza – Crust made out of Chicken and flax! (pesto, pepper/tomato, etc..)
- Vegan Pizza
- Coconut Green Curry Chicken (or vegetarian alternative)
- Asian Peanut Zucchini Noodles with Chicken
- Flavorful Wild Salmon (the salmon that gets people to fall in love with salmon)

Choose Dessert – Or leave it up to me

- Chocolate Mousse – Avocado and cacao base
- Thin mint ice cream
- Banana Chia Cream Pie
- Butterfinger Bowl – Sweet potato and chocolate base
- Coconut thin mints & vanilla cashew cookies

Themes (below)

A more detailed summary will be provided if you choose a theme

Plant Based Protein Workshop (Meatless Monday)

Give yourself a break from animal products. This will open your mind up, provide a resourceful boost and allow your body to detox.

- Pancakes, waffles and baked goods
- Breakfast dishes
- Smoothies & Ice Cream
- Protein Sauces
- Favorite Dishes with plant based options (soy-free)

Renewal Cleanse Week Cleanse Recipes (that doesn't feel like a cleanse)

Smoothies, teas, soups and salads that reset your metabolism and digestive system. Teas recommended supplements will be provided. Imagine dressings and soups that taste great and detoxify your body. Will-power not needed!

Blends with Benefits

Breakfast, smoothies, desserts, ice cream and dessert sauces with minimal to no-sugar. You will learn how to make the most cravings treats with Superfoods without the sugar effect. After this event, you will be an expert in blended creations, trained to create "your delicious". "Making healthy taste good vs Making tasty healthy"

- Smoothies with benefits
- Ice cream without ice cream machine
- Sweet and savory sauces
- Meal replacements that nourish you while tasting like a dessert

Meal Prep

This course is designed on setting up success for the week. Whether your goal is eating based on macronutrients or stocking the fridge with foods to prevent the element of surprise.

- Vegetable prep beyond the same boring frozen vegetables
- Protein prep – create enough portions so that you have 5 minute meals ready to go
- Cooking methods - easy clean up baking, steam-frying, 1 dish meals
- Protein recipes – Low carb pancakes, muffins and protein sauces
- Flavor & seasoning session – Improvisation flavors
- Do-it yourself Protein bars

Upgraded Favorites

Your favorites upgraded! Quit depriving yourself of what you enjoy – Come and learn how to upgrade the foods that we naturally enjoy. Learn the easy clean-up and prep methods along with healthier swaps of ingredients.

- Make a list of your **5** favorite breakfast, recipes, desserts, sauces and We'll meet up and rebuild them with better ingredients.
- Gluten-free and low carb options
- How to sneak vegetables in common dishes
- Vegetable "rice" or risotto dishes (sweet potato, cauliflower, carrot, parsnip,
- Using a Spiralizer to make vegetable noodles

Want something that you don't see?

Make a request; chances are I have something in the database.

What's included:

- Meals for everyone to fill-up on
- Tools provided (cutting boards, mixers, blenders, cutlery)
- Recipe handouts

Venue:

Venue provided by scheduled host

Alternative venue can be provided for additional fee

Culinary Nutrition Workshops

Jason's hands-on workshops are tailored to attendees, be it a room full of physicians and nutritionists or a corporate meeting teaching employees how to prepare delicious, health-supportive meals. All of Jason's workshops engage the senses and involve sensory interaction with food. Just as cooking locks in flavor, learning by playing with food imprints those ideas on the brain, meaning you'll actually remember what you learned when you get home. All trainings are geared to the time and expertise of the participants. Programs range from one-hour trainings to weeklong retreats.

About The Director:

Jason is a Culinary Nutritionist – Chef meets Nutritionist. Jason's specialty is about living at the highest level of health and energy along with staying lean and happy. The process is about shifting from a state of obligation and tolerating nourishing foods to craving. Flavor is the most common deciding factor when it comes to food choices, finally we have a course of **"Making Healthy Taste Good"**

Request sample menu

RSVP required: Jason@activemb.com

602-910-1088

50% Deposit collected at reservation

48 Hour Cancellation or re-schedule required

Cash & Credit accepted