

Simple Tasty Health Cooking Class

WITH MEREDITH HEDBERG, RD

DISCOVERING THE FLAVOR OF FOODS

In our Simple Tasty Health Cooking Class, playing with food is a good thing! We will explore simple flavor combinations that are tasty and easy for hectic schedules. Our goal is to empower you to create delicious, but manageable creations for yourself and your loved ones. Join us each month for a new food topic!

ONE TUESDAY EACH MONTH FROM 5-6 PM

INQUIRE FOR PERSONALIZED GROUP
SESSIONS

INSURANCE OFTEN COVERS!

To sign up contact our office at 972-422-9180 or
inquire through our website lemondnutrition.com



SIMPLE TASTY HEALTH COOKING CLASS

2021 Monthly Schedule

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JAN

12th

@ 5 pm

New Year Tips
and Tricks

FEB

16th

@ 5 pm

Cholesterol
Lowering Meal

MAR

16th

@ 5 pm

Staple Foods
Meal

APRIL

13th

@ 5 pm

Low FODMAP
Friendly

MAY

11th

@ 5 pm

Picnic Foods

JUNE

15th

@ 5 pm

Snack Attack

JULY

13th

@ 5 pm

Seasonal
Summer Foods

AUG

17th

@ 5 pm

Back-to-School

SEPT

14th

@ 5 pm

Italian Inspired

OCT

12th

@ 5 pm

Seasonal Fall
Foods

NOV

16th

@ 5 pm

Holiday Festive
Foods

DEC

14th

@ 5 pm

Seasonal Winter
Foods



LEMOND
NUTRITION
For The Whole Family