



The Full Taste of Life Programme Curriculum

Saturday 4th June: 1:30 - 5:00 **Easy Transition Steps into Health. Glorious Delicious Food Upgrades. Living Foods Basic. Who needs Bread when you have this! Magic Foods I.**

Amazing Recipes to love straight away: cooked and raw, breakfast, lunch, dinner recipes, chocolates

Saturday 11th June: 1:30 - 5:00 **Foods That Heal, Foods That Kill. Food Remedies. Let's go Raw! Magic Foods II. Chlorophyll. Acid Alkaline. Vegan - Vegetarian - Omnivore?**

Delicious Satisfying & Fast Dinner Recipes: mostly raw, lasagne, burgers, aromatic curry, 5-minute wow dessert, green smoothie + much more

Saturday 18th June: 1:30 - 5:00 **Magic Foods III. Emotional Eating. Cravings Satisfaction and Easy Tricks for Change. Mood Uplifting Foods. Hormones.**

Recipes to love that take minutes: mostly raw, lunch, snacks, smoothies, kids' foods, soups, tortillas, bars, energy balls. Instant alternatives to wraps, crackers and bread.

Saturday 25th June: 1:30 - 5:00 **Health. Detoxing Right and Simple. Getting Healthier With Ease each day. 3 Levels of Detoxing. Food combining II. Mood & Energy Raising foods. Beauty & Rejuvenation.**

Amazing Recipes to love that take minutes: raw, more easy breakfast, energy-raising recipes, happiness recipes, green smoothies, green soups, light-activating desserts

Saturday 2nd July: 1:30 - 5:00 **Sugar Hazards. Addictions. 'Sugar-free' Dangers. Fantastic Sugar Alternatives. Latest Scientific Information on sugar.**

Amazing Fast No-Bake Desserts: cakes, pies, slices, brownies, sorbets, ice-pops

Saturday 9nd July: 1:30 - 5:00 **Shopping Bonanza. Food Labels Made Easy. Main Ingredients. Irish Stores & isles. Where to find good food in seconds in any country. Additives. Mislabeled ingredients. Non-toxic cooking utensils.**

*Foods (recipes) on the go & for travelling. **Graduation Pic-nick with friends & family!***