



JAN 17TH 2018 7-9PM

FUELLING FOR AN ACTIVE DAY

Preventing The Crash with High-Protein Meals

Start your year off on a high note with foods that fill you up with loads of energy. Registered Dietitian Filomena Vernace-Inserra shows you how and shares her tips for incorporating rich sources of protein in every meal, whether you're at work, running errands or back from a workout. You'll sample high-protein dishes prepared by cookbook author Fina Scropo – everything from yummy shakes to flippin-good pancakes to homemade energy bars to help keep you fuelled and ready to tackle your new day, and your new year!



LONGO'S

**Weston Rd @
Rutherford**

**9200 Weston Rd
Vaughan**

The Loft

Cooking Room

7-9pm

**Register with
Store Customer
Service**

905-850-6161

\$30 per person

Fina Scropo

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&

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