

"Healthy Doesn't Have To Be Hard"

## FUELLED Bermuda Group Cooking Demonstrations



With Agathe Holowatinc, Integrative Nutrition Health Coach

### Menu – Monday, August 17, 2020

- Easy Asian style stir-fry with grass fed beef (or plant-based protein alternative) & medley of vegetables like organic bell peppers, onions, mushrooms, ginger...and dashes of garlic and ginger powder with Braggs Liquid Aminos.
- Brown rice *\*add 1 tsp organic turmeric and dash of black pepper if you wish*
- No-fuss spinach salad with [Braggs Ginger Sesame dressing.](#)