

ALL NEW CLASSES, RECIPES, AND IDEAS! SIGN UP TODAY!

the  **MEAL
PREPPING
MADE EASY**

BOTTINO'S



Serving Cumberland County

You can't out-train a bad diet. Abs are made in the kitchen. Food is Fuel...We all know this, **BUT WHO HAS TIME TO COOK EVERYDAY?** Come see how the pros do it everyday. Watch, Taste, and Learn real life meal prepping tips and tricks, plus get take home recipes.

3 CLASSES TO CHOOSE FROM. REGISTER FOR ANY OR ALL.



**Healthy, Fun &
Tasty Lunches
for kids & adults!**

Variety of Main Dishes
and Side Dishes +
How to Prep, Package,
and Store

**SATURDAY
MARCH 16, 2019
10-11:30AM**



**EAT YOUR
VEGGIES!**

(and like it)

Roasted Veggies
Ratatouille
Zucchini Boats
Greek Orzo Pasta Salad

**SATURDAY
MARCH 30, 2019
10-11:30AM**



**UNDERCOVER
FOODS**

Egg Muffins (hold the
"muffin")
Sweet Potato Toast
Cauliflower Mash
Black Bean Brownies

**SATURDAY
APRIL 13, 2019
10-11:30AM**

Registration Fee Per Class: \$5 Facility Members, \$7 Program Members, \$10 Community Members. Choose 1, 2, or ALL!

Cumberland Cape Atlantic YMCA

1159 East Landis Avenue Vineland, NJ (856) 691-0030 www.ccaymca.org