

the **Y** 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. 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.**



**ARE YOU DOWN  
WITH OPP?**

Overnight Oats  
Protein Shakes  
Protein Bars

**SATURDAY  
JANUARY 26, 2019  
10-11:30AM**



**YOU CAN  
STUFF IT!**

Chicken Salad Stuffed  
Avocados  
Quesadillas  
Stuffed Peppers

**SATURDAY  
FEBRUARY 9, 2019  
10-11:30AM**



**UNDERCOVER  
FRUIT & VEGGIES**

Zucchini Ravioli  
Veggie Pizza  
Cauliflower Rice  
Banana "Sushi"

**SATURDAY  
FEBRUARY 23, 2019  
10-11:30AM**

**Registration Fee Per Class:** \$5 Facility Members, \$7 Program Members, \$10 Community Members. Register for All 3 and Save 20%!

**Cumberland Cape Atlantic YMCA**

1159 East Landis Avenue Vineland, NJ • (856) 691-0030 • [www.ccaymca.org](http://www.ccaymca.org)