



H E A L T H Y C O O K I N G
R E T R E A T

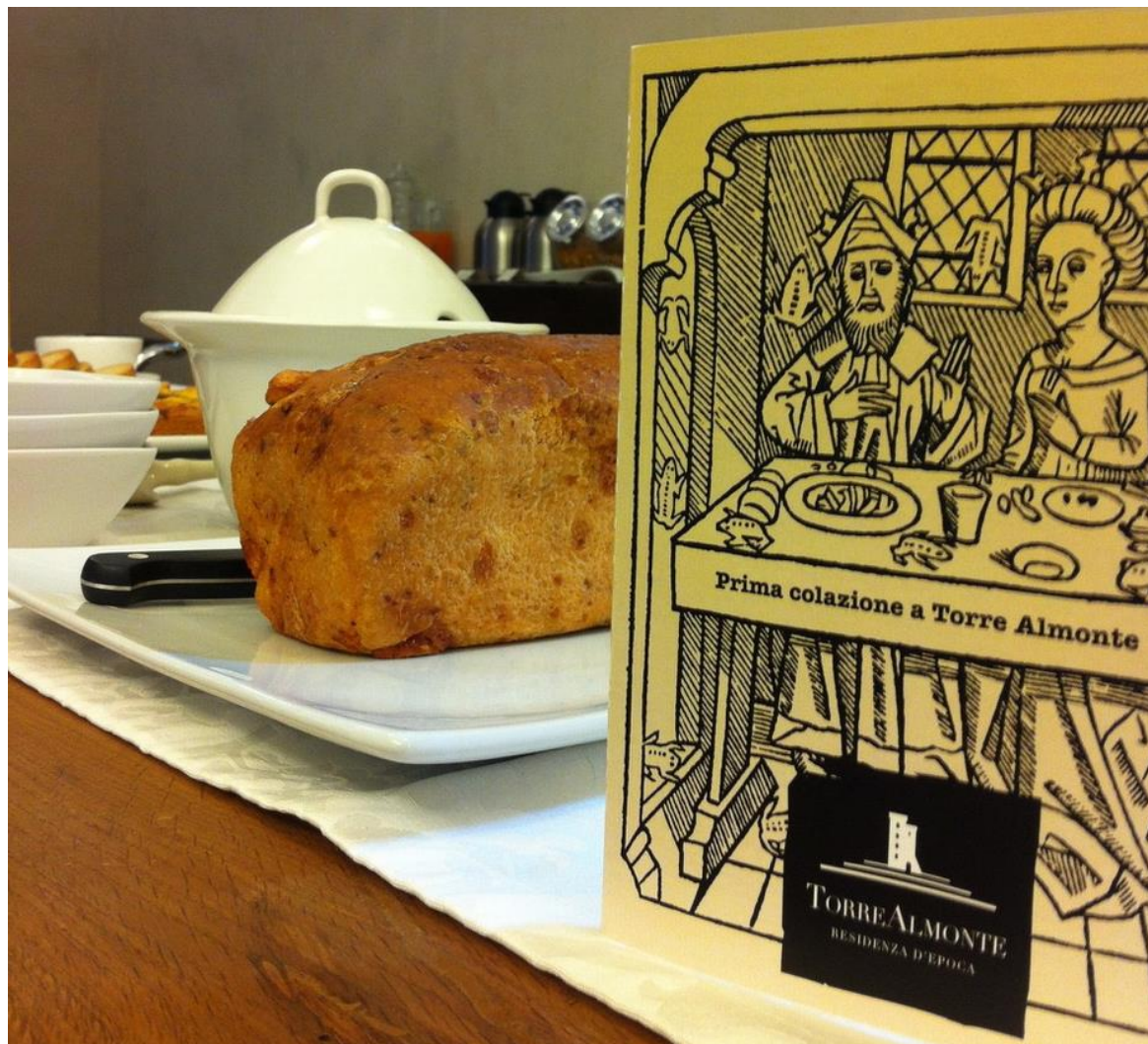
EAT BETTER LIVE BETTER



DID YOU EVER THINK HOW THE FOOD YOU EAT SHAPES YOUR HEALTH AND METABOLISM?

RECENT STUDIES REVEAL THE REMARKABLE BENEFITS
OF ADOPTING A LOW-GLYCEMIC APPROACH TO EATING.
FOODS WITH A LOWER GLYCEMIC INDEX NOT ONLY SUPPORT YOUR
OVERALL HEALTH BUT ALSO HELP MAINTAIN STEADY ENERGY LEVELS
AND MENTAL CLARITY THROUGHOUT THE DAY.

COOKING AT HOME GIVES YOU POSSIBILITY TO AVOID BLOOD SUGAR
SPIKES AND HAVE GREATER CONTROL OVER YOUR NUTRITION.
BALANCED DIET THAT AVOIDS GLYCEMIC PEAKS CAN BE THE KEY
TO DISCOVER HEALTHIER AND MORE BALANCED LIFESTYLE.



JOIN ME FOR AN INSPIRING HEALTHY COOKING RETREAT

DISCOVER THE JOY OF PREPARING DELICIOUS, WHOLESOME MEALS WHILE
LEARNING PRACTICAL TIPS FOR CREATING QUICK AND NUTRITIOUS DISHES.

NOWDAYS IT'S TOO EASY TO FALL INTO THE SAME EATING HABITS.

THIS IS YOUR OPPORTUNITY TO STEP OUT FROM
ROUTINE AND IMPROVE YOUR HEALTH

TOGETHER, WE'LL EXPLORE CREATIVE RECIPES,
LEARN TIME-SAVING TECHNIQUES AND UNCOVER FRESH IDEAS





WHY HEALTHY COOKING ?

TOP FOUR SCIENCE-BASED REASONS

- FREQUENT BLOOD SUGAR SPIKES AND DIPS HAVE A NEGATIVE IMPACT ON YOUR HEALTH
- IT'S IMPORTANT TO AVOID SO-CALLED BLOOD SUGAR ROLLERCOASTER
- PEOPLE WHO FREQUENTLY EAT AT HOME CONSUME FEWER CALORIES AND HAVE MORE VEGETABLES AND NUTRIENT-DENSE DIETS
- FOOD VARIETY IS ONE OF THE MOST IMPORTANT ELEMENTS OF A HEALTHY DIET WHICH SUPPORT YOUR IMMUNE SYSTEM AND KEEP YOUR WEIGHT UNDER CONTROL



CONTENT OF HEALTHY COOKING RETREAT

BREAKFAST

Enjoy two delicious and nutritionally balanced breakfasts designed to fuel your day.

LUNCH

Savor a three-course experience, including a flavorful starter, first course, and a main course.

DINNER

Enjoy in two distinct main dishes, each crafted to deliver complete nutritional value.

INTERACTIVE MEAL PREPARATION

- Every meal will be explored from a nutritional perspective and prepared together as a group.
- Participants can select from three different options for each meal based on their food preferences.
- Meal preferences can be chosen prior to the retreat for a seamless experience.



WHAT YOU WILL TAKE HOME

- Understand which foods have the most significant impact on your health and how to become part of your nutrition
- Learn how to prepare simple, delicious recipes packed with nutrient-rich ingredients
- Energy boosting recipes
- You will learn how to do a meal planning

IMPROVE YOUR UNDERSTANDING OF NUTRITION WHILE
ENJOYING HANDS-ON COOKING SESSIONS
AND UNFORGETTABLE FLAVORS!



WHO SAYS HEALTHY FOOD CAN'T BE DELICIOUS?

Book now this new and charming healthy cooking retreat!
The cost is 380,00 € per person per day.

Write to : booking@torrealmonte.com