

In The Kitchen

With Nina and Andrew

May 8, 2010

Sicolas Kitchen

5416 Parkcrest Drive
Austin, TX

11 am - 1 pm, \$65



Chef Andrew, Executive Chef and nutritionist of Spirited Food Co., has a style of cooking which came about through the natural fusion of his nutrition education from Southwest Texas, the professional culinary education from Le Cordon Bleu in Sydney and the kitchen education he acquired in various restaurants and hotels. Over the years, he developed his cuisine into something unique: great tasting meals that are balanced, healthy, and low in fat. He started Spirited Food Co. in 2001 to provide this beneficial, time saving meal service to others and it has since become a phenomenon.



Nina Beucler received her training to practice Health and Nutrition Counseling at the Institute for Integrative Nutrition, the only nutrition school integrating many different dietary theories while combining the knowledge of traditional philosophies with modern concepts. Having been in the Fitness/Wellness field for over 25 years, and a certified Kripalu yoga instructor for the last fourteen, she has a broad base of knowledge and experience. Nina's Counseling programs are designed to help create optimal wellness by implementing lifestyle and diet changes which create positive, long-term, life changing habits.

The first in a series of cooking classes
with Austin's own Chef Andrew of Spirited Food Co.
and certified Health and Nutrition Counselor Nina Beucler!

Nina and Andrew will be joining forces in the kitchen to provide valuable information about the most nutritious and delicious ways to prepare meals with fresh local produce provided by Greenling Organic Delivery

Your health IQ is bound to increase
as well as your kitchen skills!

A full meal will be prepared and served
along with the sale of Greenling's Local Boxes

Seating is limited! Reserve your spot today!
Email ninabeucler@sbcglobal.net or call 512-560-6925

For more information please visit:

www.spiritedfood.com -- Chef Andrew and Spirited Food Co.

www.ninabeucler.com -- Nina Beucler's Health and Nutrition Counseling

www.greenling.com -- Greenling Organic Delivery

www.sicolas.com -- Sicola's Private Dining & Catering