

ARE YOU READY TO GO UNPROCESSED?

A DEMONSTRATION BY

CHEF AJ

Did you know that Americans eat over 92% of their calories from animal products and processed foods and less than 10% from fruits and vegetables? In this fun, lively culinary demonstration, Chef AJ will show you how to incorporate more fresh fruits and vegetables into your diet in ways that are easy, delicious and fun! Using only 100% whole food, plant-based ingredients, all of Chef AJ's creations are not only gluten-free and vegan, but free of sugar, oil and salt as well. Come and see for yourself how truly delicious, healthy food can taste! And as an added bonus, you will get to see Chef AJ's hilarious appearance from The Tonight Show.



Chef AJ has followed a plant-based diet for over 37 years. The author of *UNPROCESSED*, she is the host of the new television series *Healthy Living with Chef AJ* which will soon air on Foody TV, as well as a weekly podcast of the same name. The former Executive Pastry Chef at Santé Restaurant in Los Angeles, all of her decadent desserts are free of sugar, oil and salt. Using only whole dates to sweeten, she believes in using the fruit, the whole fruit and nothing but the whole fruit! Chef AJ has a certificate in plant-based nutrition from eCornell and is a member of the American College of Lifestyle medicine. She is also the creator of the Ultimate Weight Loss Program and has helped hundreds of people achieve the health, and the body, they deserve. As the creator and co-producer of *Healthy Taste of LA*, Chef AJ has hosted 13 of these successful events throughout California and enjoys introducing people to the finest in plant-based cuisine and the best of nutritional science. Chef AJ resides in Los Angeles with her handsome plant-based husband, Charles, and their rescued mutt Sparky. Chef AJ can be reached at www.EatUnprocessed.com and the replays of her podcasts can be found at www.HealthyTasteOnline.com.

TUESDAY, FEBRUARY 10, 2015, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK, 1201 ALA MOANA BLVD.

WEDNESDAY, FEBRUARY 11, 5:30-8 P.M.

DINE-OUT WITH CHEF AJ AT SATORIHAWAII

SOTO MISSION (SOCIAL HALL), 1708 NU'UANU AVE.

\$20 (VSH MEMBERS \$19) LIMITED SEATING. RSVP BY FEB. 9.

CALL (808) 445-9920, OR EMAIL DINEOUT@VSH.ORG

VEGAN MEXICAN SATORI MENU (SHOJIN TEMPLE FOOD)

MEXICAN BEAN SOUP WITH AVOCADO, CORN TORTILLA, STEAMED VEGGIES, SPICY BROWN RICE WITH CHICKPEAS, MEXICAN POTATO WITH CREAMY SAUCE, SALAD WITH SPICY CORN SALSA, HOT SAUCE, MEXICAN CAROB BALL

DISHES PREPARED WITHOUT SALT, OIL OR SUGAR. FOOD SENSITIVITIES NOTE: DISHES WILL BE FREE OF GLUTEN, SOY, CHOCOLATE, ONION & GARLIC.

ALL VSH DINE-OUT PROCEEDS GO TO THE MEAL PROVIDERS.

KAILUA—MONDAY, FEBRUARY 9, 6:30-7:45 P.M.

FAST & FANTASTIC TOP VEGAN CHEF RECIPES

CASTLE MEDICAL CENTER WELLNESS AUDITORIUM, 640 'ULUKAHIKI ST.

FREE — REGISTER (REQUIRED) AT 263-5400 OR CASTLE-MED.ORG

MAUI — CHEF AJ WILL ALSO SPEAK AT 7 P.M., THURSDAY, FEBRUARY 12, AT CAMERON CENTER, 95 MAHALANI ST., WAILUKU.



Vegetarian Society of Hawaii

Join Us!

For more info call 944-VEGI (8344) or visit VSH.org

**FREE Admission
& Refreshments**

Refreshments and demo ingredients courtesy of Down to Earth.