2016 Winter Session
January 14 – March 3
Thursdays: 9:30am—12:00pm

LOCATION: The Boys Club of New York
321 East 111th Street, New York, NY 10029
(btw 2nd & 1st Aves.) #6 Train to Lexington Ave. & 110th St.

January 14
Kitchen safety/rules and introduction to the class. How to make a healthy Chipotle Chicken Burrito Bowl FOD: Oranges

January 21
New Year; Do You! Easy ways to Feel Great Inside and Out. Bikini Bolognese, Kale Chopped Salad with Maple-Almond Vinaigrette FOD: Berries

January 28
Healthy Sleep; Falling asleep and getting up on time. Ultimate Green Smoothie, Almond- & Lemon-Crusted Fish with Spinach and White Bean Couscous FOD: Berries

February 4
Increasing satiety to lose weight or maintain a healthy weight. Fire Cider Recipe, White Bean Chili with Roasted Vegetables FOD: Papaya

February 11
What is inflammation and what is it doing to your health. Turmeric and Carrot Smoothie, Cheesy Polenta with brothy Chickpea Gravy (reduced fat) FOD: Apples

February 18
Daily Health Habits to Start Today! Moroccan Chicken Salad with Pistachio Crusted Baked Goat Cheese, Faro Salad with Roasted Beets FOD: Pineapple

February 25
High Fiber Foods to Help You Stay Regular. Hearty-Healing Lentil Soup (1-pot meal), Hydrating Coconut Smoothie FOD: Prunes and Figs

March 3
Reducing sugar in your diet; not just for diabetics. Green Tea, Pears with Farro, Cherries, Walnuts + Baked Goat Cheese, Roasted Salmon with Red Pepper Pesto FOD: Cherries

If you are a woman or transgender person (male or female) and are interested in attending SMART Body classes, please contact Sam or Kevin at (212) 289-3900 to schedule an intake interview prior to attending class for the first time. Refreshments and a Metrocard provided.

www.smartuniversity.org