



Many Healthy Blessings with Tegra

Feel Alive & Well – Naturally!

LEARN HOW TO PREPARE LIVING FOODS

If you're feeling a bit **sluggish**, lacking **energy**, experiencing **digestive** problems, not **sleeping** well, inability to **focus** and get things done, **skin** problems got you down, **depression** creeping in, Not pleased with the unnecessary **weight gain**, absolutely fed up with taking **prescription drugs** or **over-the-counter drugs**, etc.... chances are you just need to make some adjustments in what you're eating.

**GET INSPIRED, MOTIVATED, AND ENCOURAGED
ABOUT YOUR HEALTH!**



Alive with Tegra

presents

Living Foods Demonstration

Quick and Healthy Gourmet Living Cuisine

Cost: \$25.00

Date: Saturday, March 27, 2010

Time: 2:00 p.m. - 4:00 p.m.

Registration and payment deadline: Wednesday, March 24, 2010

Menu

BREAKFAST

Protein Smoothie

LUNCH

Sweet Potato Bisque

DINNER

Vegetable Pasta
w/ Nutmeat Balls

DESSERT

Vanilla Bean Ice Cream
w/ Berry Sauce

All ingredients are all natural (nothing is processed), no preservatives, no dairy, no sugar, no meat, no chicken, no fish, no tofu, and no soy. Organic ingredients are used in each recipe. Amazing taste and absolutely healthy!!!!



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Living Foods Demonstration

Learn How to Prepare Simple Living Foods

If you're curious about living foods, ready to make the shift to a living foods lifestyle, feel like you need more information about living foods before you dive into a more in-depth class, or maybe you would just prefer to taste a few dishes that might entice your palate and push you to expand your curiosity, then this class is perfect for you. As your instructor, I will talk about the benefits of living foods and demonstrate the simplicity of preparing a variety of four different deliciously healthy meals. Come on out and taste a few dishes. Trust me, you will not be disappointed!

You will leave this class inspired and motivated!

REGISTRATION DETAILS

CLASS REQUIREMENTS:

Minimum of 20 people needed to offer course.

PAYMENT:

Cash, Checks, Visa, and MasterCard

LOCATION:

The class will be held in Los Angeles. The address will be given to you when you register.

Please call Tegra Little: 310.433.6008

E-mail: tegra@tegralittle.com

For more in-depth information on the benefits of eating living food, please visit my web site: www.tegralittle.com

Many healthy blessings,



And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Romans 12:1 (NLT)