

ZOE 8

Total Health, Weight Management Program

START YOUR
Journey
TODAY.

ZOE 8 Presents.....

Whole Foods Culinary Center Austin TX

Wed. June 4

6:30 - 8:30 pm

Spa Cuisine

Elisa and Ed McClure, Authors and Owners of Limestone Grille/Ye Kendall Inn/Zoe 8 Total Health Program

As owners of a spa, Ed and Elisa know the true meaning of “spa cuisine” – low calorie, high taste, satisfying and detoxifying foods. Learn some surprising secrets of true lean cuisine as Ed and Elisa share their healthy and satisfying menu. Elisa’s recipes are also always gluten-free.

Menu Includes

Grilled Wild Shrimp Salad; Avocado Cream; Quinoa Fattoush; Herbed Flatbread; Fresh Strawberry Fandango; and Ginger Lemongrass Tea. \$45

YE KENDALL INN
Est. 1859 TEXAS HILL COUNTRY

Call for Reservations

830-249-2138

www.wholefoods.com