

# Celebrity Chef Cooking Weekend\*

## July 14 to 16, 2006

LECTURES WILL BE HELD IN THE **FLAMINGO ROOM**  
MEALS WILL BE SERVED IN THE **EMPIRE ROOM**

### Friday, July 14th

2:00 – 4:30 PM – Registration

5:00 – 6:00 PM – **John McDougall, MD** – Welcome: Making the Change Work for You and Family

6:00 – 7:30 PM – Dinner

7:30 PM – **Kevin Dunn** – Vegan Culinary Instructor, Grand Rapids Community College

### Saturday, July 15th

6:30 AM – Optional Lab Tests (results will be back by lunch today)

6:30 – 8:00 AM – Breakfast

8:00 – 9:30 AM – **Colleen Patrick-Goudreau** – Cooking with the Compassionate Cook

9:45 – 11:15 AM – **Kevin Dunn** – Vegan Culinary Instructor

11:30 to 1:00 PM – **Alex Bury** – Master Chef from the Culinary Institute of America

1:00 – 2:00 PM – Lunch

2:00 – 3:30 PM – **Roberta Joiner** – From the Practical Kitchen

4:00 – 5:30 PM – **Nawar Lahham** – East West Café Owner and Chef - Vegan Soups

5:30 – 6:00 PM – Day Summary

6:00 – 7:30 PM – Dinner

### Sunday, July 16th

7:00 – 8:00 AM – Breakfast

8:00 – 9:30 AM – **Colleen Patrick-Goudreau** – Cooking with the Compassionate Cook

9:45 – 11:15 AM – **Eric Tucker** – Millennium Restaurant Chef, author of the national best-selling Millennium Cookbooks

11:30 – 1:00 PM – **Alex Bury** – Master Chef from the Culinary Institute of America

1:00 – 2:00 PM – Lunch

2:00 – 3:30 PM – **Roberta Joiner** – From the Practical Kitchen

3:30 – 4:00 PM – **John McDougall, MD** – Closing Remarks

Cost for this weekend is \$395 pp (includes all meals and education). Room costs are extra. Sign-up for this program by writing to Heather at [heather@drmcdougall.com](mailto:heather@drmcdougall.com) or calling (800) 941-7111 or (616) 874-8155 and talking directly with Carol.

\* Schedule is Subject to Change and Improvement