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 or calling (800) 941-7111 or (616) 874-8155 and talking directly with Carol.

* Schedule is Subject to Change and Improvement