



How to Eat **THE WORLD'S BEST DIET**

Dr. Fuhrman's Culinary Getaway
Newport Beach, CA
May 21-27, 2017

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Dr. Fuhrman's Culinary Getaway

SUNDAY

4:00-6:00 Registration

6:00-7:30 Dinner

7:30-8:00 Welcome and Program Overview

MONDAY

7:30-9:00 Breakfast

9:15-10:45 *Why a Nutritarian Diet* with Dr. Fuhrman

11:00-12:30 *Secrets of Nutritarian Cooking* with Dr. Fuhrman

12:30-1:30 Lunch

1:45-3:15 *Setting up for Success* with Chef James

Prep yourself and your kitchen with the tools you'll need to stay on track and make creating Nutritarian meals a breeze. Get acquainted with the techniques and essentials that will ensure your success.

3:30-4:00 *Nutritional Research Foundation* with Dr. Fuhrman and Kimberly Melton

Learn about our clinical research into the impact diet has on disease recovery and longevity. The Science is the Solution!

4:00-6:30 Free time

6:30-8:00 Dinner



Chef James

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TUESDAY

7:00-8:00 Exercise with Dr. Fuhrman

7:30-9:00 Breakfast

9:15-10:45 *Engage all your Senses with Simple Plans for Breakfast, Lunch and Dinner* with Chef Robin

Gain a definitive understanding of how to plan delicious daily Nutritarian meals, ensuring you obtain optimal nutrition. Learning this simple formula will show you how easy Nutritarian eating can be. Chef Robin shares her simple meal plan structure and demonstrates how to create meals which are easy and fast. Take away practical knowledge on how to make sure you are getting a full array of daily macro and micro-nutrients without having to worry about getting enough "protein"!

11:00-11:45 Deciphering your Health Screening

12-1:00 Lunch

1:15-2:45 *International Cuisine* with Chef Robin

Transforming dishes for Italian, Persian, Asian, Thai, and Indian tastes. Embrace Dr. Fuhrman's Nutritarian style of eating with Chef Robin's delicious, fast and easy style of cooking. In our fast-paced culture most people don't have time to prepare complicated dishes but that doesn't mean gourmet taste should be sacrificed. The focus of this session is on international gourmet food that is easy to prepare. This class will give you the motivation to explore and experiment with flavors and foods from around the globe. You will gain practical skills to truly embrace a healthy diet with variety and ultimately a vibrant lifestyle.

2:45-3:45 Q&A with Chef Robin

4:00-5:00 *Trending Nutritarian Ingredients and Techniques* with Dr. Fuhrman

5:00-6:30 Free time

6:30-8:00 Dinner

8:15-9:45 *Music is Medicine for the Heart and Soul* with Gary Malkin. Gary will be performing, leading and teaching us in song.

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WEDNESDAY

7:15-8:45 Breakfast

9:00-10:45 *Flavor Development* with Chef James

A Nutritarian diet does not have to be bland or boring. Learn how to prepare new foods in a new way with great-tasting results. Turn-on your taste buds without salt, heavy creams, butter or oil.

11:00-12:30 *Decadent Desserts* with Chef Robin

Think you're going to be deprived with Dr. Fuhrman's Nutritarian eating style? Well, think again. Chef Robin shows you how to prepare deceptively decadent whole food desserts chock full of nutrients. These recipes are quick, easy and delicious! You will take home knowledge of how to make egg-free, nutrient-dense cakes, creamy sauces, vegan ice cream and create flavor sensations that rival upscale restaurant desserts.

12:45-1:45 Lunch

1:45-3:15 *Salad Basics* with Chef Martin

Learn how to dress your salad for palate success. Chef Martin demonstrates five easy-to-make dressings without using a blender. He presents the "building blocks" for creating satisfyingly good and filling salads with tips on the best ways to combine them. Chef Martin puts it all together with sample cold salads and, for a twist, warm salad entrees too.

3:30-6:30 Free time

6:30-8:00 Dinner

8:15-9:45 *Music is Medicine for the Heart and Soul* with Gary Malkin. Gary will be performing, leading and teaching us in song.



Chef Robin

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THURSDAY

7:00-8:00 Exercise with Dr. Fuhrman

7:30-9:00 Breakfast

9:30-11:00 *Stir it, Cream it, Roast it!* with Chef Martin

Learn basic "quick and easy" cooking techniques with little to no oil while maintaining texture, freshness and color.

11:15-12:15 Q&A with Chef Martin

12:15-1:15 Lunch

1:30-3:00 *Think Like a Chef* with Chef Martin

With the basics under your belt you are ready to focus on the important steps to create more delicious results on your own, even without a recipe to follow. Learn how to taste and add flavor like a professional.

3:15-4:15 *Intelligent Cooking: Using Your Mind and Your Fork to Create a Stronger Brain*, Michael Mantz, M.D.

4:30-5:15 Deciphering your health screening results

6:30-8:30 Dinner and Dancing



Chef Martin

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FRIDAY

7:30-9:00 Breakfast

9:15-10:45 *Culinary Inspirations* with Chef James

No need to sacrifice the nutrients when it comes to special occasions, casual gatherings, holiday feasts or romantic dinners. Chef James shows you how to impress your guests the Nutritarian way with gourmet-style dishes.

11-12:30 Panel with Dr. Fuhrman, Chef Martin and Chef James

12:30-1:30 Lunch

1:45-2:45 Wrap up and Q&A with Dr. Fuhrman

3-6:30 Free Time

6:30-8:00 Dinner

8:15-9:15 Talent Show

SATURDAY

7:00—10:00 Brunch

***Agenda Subject to Change