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lance: the blog!

LANCE BREGER, GUIDING YOUR HEALTH AND FITNESS 24-7!

wednesday, april 9, 2008

Indian Cooking Class

Out of all the words that would best describe me (*handsome, intelligent, charismatic, funny, stylish, and of course, MODEST*) , **'cook'** is definitely not one of them.

As a single guy in the city, you have **one of two paths** that you can take with regards to your culinary development:

1. Be condemned to a life of toasting, microwaving, and tipping the delivery guy *or*
2. Learn how to cook

Knowing that I wanted to eat more than just Cheerios for every meal, I decided to accept an invitation to attend an *Intro To Indian Cooking Class* taught by Christina Giallourakis of **Inspire Nutrition**.

I knew I was in for quite a show because not only I have never attended a cooking class before, but I've never had Indian food either. Here's how it went...

The class itself can only be described as **an experience for all your senses**. Prepare to hear insights to cooking like never before, see the step-by-step food prep process, touch the textures of all organic ingredients used, smell individual spices and herbs, and

how many hours do you sleep every night?.



about "lance: the blogger"

Lance Breger

Health and fitness is not hour workout or a salad lunch, it is a lifestyle! It

taste how incredible healthy Indian food can actually be.

The menu for the night was full of the traditional Indian dishes of: Masur Dhal (lentils), Indian Spiced Lentil Patties, Green Chutney, and Ragba (Chick Peas). All the recipes were given the seal approved by the co-hostess and Christina's mother-in-law Irma who was born in India. Better yet, the dishes were **very affordable** to put together, **filled with healthy ingredients**, and **much easier to cook than to pronounce**.

Inspire Nutrition offers classes monthly, but don't snooze or you will lose - they fill up fast. **Sign up for a class today**, and have yourself an evening of nutritious cuisine, fabulous new people, and eating delicious food. And who could forget the hostess? As a teacher and health professional, Christina, will exceed even high expectations. She an absolute *dhal*, you'll love her. Oh and don't worry if you are more **Chef Boyardee** than Julia Child, the class is more demonstration than participation.

Seeya at next month's class!

posted by lance breger at 1:07 pm

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24/7 and so is my blog. new tips, techniques, recommendations, and perspectives on health & fitness every day. Together we will keep your cardio strength training, nutrition and lifestyle on track to your goals! Lance Breger his Masters of Science in Health Promotion and is certified both as a Performance Enhancement Specialist and Personal Trainer from the National Academy of Sports Medicine. ASKLANCE@GMAIL.COM

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abs (11)
 anatomy (7)
 ask lance (14)
 balance (3)
 cardio (11)
 core (13)
 dating (13)
 don't be that guy (5)
 drinking (8)
 eating out (19)
 exercise equipment (3)
 exercise technique (6)
 exercise tips (44)
 exercises (4)
 flexibility (8)
 food (17)
 fun (38)
 Groceries (11)
 gym etiquette (14)
 injury prevention (10)
 lifestyle (7)
 links (22)
 muscle building (7)
 news (5)
 nutrition (36)
 Poll Results (11)
 posture (2)
 project paul (9)
 relaxation (3)
 strength training (15)
 style (7)
 supplements (2)
 weight loss (7)

Wellness (2)

WWLD (6)

yoga (2)

links

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blog archive

▼ 2008 (97)

▼ 04/13 - 04/20 (4)

Chance With Lance Contes

Sports Drink Sabotage

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Links

▶ 04/06 - 04/13 (5)

▶ 03/30 - 04/06 (8)

▶ 03/23 - 03/30 (7)

▶ 03/16 - 03/23 (7)

▶ 03/09 - 03/16 (7)

▶ 03/02 - 03/09 (7)

▶ 02/24 - 03/02 (7)

▶ 02/17 - 02/24 (4)

▶ 02/10 - 02/17 (5)

▶ 02/03 - 02/10 (7)

▶ 01/27 - 02/03 (7)

▶ 01/20 - 01/27 (7)

▶ 01/13 - 01/20 (7)

▶ 01/06 - 01/13 (8)

▶ 2007 (179)

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