



Health & Wellness Event Options

Featuring **LifeStyle Cuisine**  &
LifeStyle Cuisine Plus 

The Conscious Cooking Class

Our talented chefs lead the Conscious Cooking class which focuses on using the best of local and organic ingredients and cooking for specific diet-dependent conditions such as diabetes, heart disease and gluten free, as well as unique dietary preferences including, macrobiotic, raw and vegan diets.

First the group will travel across the street to Copley Square's own Farmer's Market to shop for their local ingredients. On this private guided tour, attendees will meet local farmers and sample fresh produce, cheeses, jams and nuts from New England towns. Next it's onto to the hotel's own rooftop garden to pick fresh herbs and spices that will be incorporated into their meal.

The group will then get settled into the hotel's fully equipped show kitchen, where attendees learn new cooking techniques along with tricks of the trade from the hotel's chefs. They will also receive a *LifeStyle Cuisine and LifeStyle Cuisine Plus* recipe book to flex their culinary muscle at home, inspiring them to incorporate their own local ingredients.

Lastly, the most exciting part! Attendees will sit down to a family style dinner and enjoy the delicious meal as a results of their own preparation and hard work.

Sample Menu

FIRST COURSE ~ GLUTEN FREE DIET

Roasted Beets and Vermont Goat Cheese, Toasted Pecans, Balsamic Dressing

SECOND COURSE ~ DIABETIC DIET

Steamed Cod, Organic Brown Rice, Tomato Basil

THIRD COURSE ~ VEGAN & MACROBIOTIC DIETS

Poached Pears with Kumquats and Raspberries

Badoit Sparkling Water

Fairmont Wellness Tea Selection: Energy, Tranquility, Digestif, Equilibrium & High Antioxidant

 Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

The Fairmont Copley Plaza

138 St. James Avenue
Boston, Massachusetts
United States 02116

 Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

