



Welcome to Park Avenue Nutrition where healthy living begins with healthy eating! Partner with successful wellness expert Lisa C. Cohn to create a personalized nutritional plan for a happier and healthier life. Lisa's plan for you is the foundation for your success. Enjoy a better life one nourishing day at a time. Select freshly grown and prepared foods, enjoy flavorful and toning herbs and spices, cleanse naturally, revitalize, de-stress and clear your mind. Enjoy healthy living in the neighborhood by looking for the Park Avenue Nutrition Seal of Approval. Join Us!



Lisa

Make The Other Kids Jealous With These Great Back to School Snack Recipes

Mini Pizza

Ingredients

- 6" whole wheat tortilla, lightly toasted
- 2 tbsp fresh marinara
- 1 oz fresh mozzarella, torn into pieces
- 2 tbsp fresh vegetables of choice
- 1 tsp dried oregano
- Splash of cold pressed olive oil



Preheat the toaster oven. Spread marinara on the tortilla. Place cheese and fresh vegetables on top. Sprinkle the oregano and drizzle oil. Cook the pizza for about 1 minute; watch to make sure the cheese doesn't burn.

Gluten-free sliced bread can be used

Hempseed Orange Apricot Bars

Ingredients

- 3 cups chopped dried California apricots
- 1 cup chopped pitted dates or raisins
- 1 cup shelled hempseeds
- 2 tbsp orange zest
- 2 tbsp lemon juice
- 1 tsp ground nutmeg
- 1 tsp vanilla extract (gluten-free)



Line an 8-x-8 inch pan with parchment paper and set aside. Pulse all ingredients in a food processor until mixture forms into a chunky base. Transfer mixture to the prepared pan and press with a spatula for even thickness. Cover and chill for 1-2 hours until firm. Slice bars and enjoy ☺

Quick Nutrition Tip

Protein is essential for the human body, not only is protein responsible for your hair and skin but eating a meal high in protein will keep you full for longer and keep your brain energized. Here is your source of protein guide:

- 3 oz Salmon = 21g Protein
- 3 oz Chicken = 21g Protein
- ½ cup Tofu = 20g Protein
- 1 cup Lentils = 16g Protein
- 2 tbsp Peanut Butter = 7g Protein
- 1 Egg = 6g Protein

Park Avenue Nutrition Seal of Approval



1413 2nd Avenue (between 73rd and 74th)

Lisa Cohn gives her seal of approval to Slice, The Perfect Food; this organic pizzeria makes their food with fresh, all natural and organic ingredients. Slice, The Perfect Food offers cooking classes as well as pizza & movie nights for the local community.

Cupboard Check

Does your household need a nutrition tune up?

Have Lisa Cohn R.D, come to you and get your fridge/cupboard in shape for back to school/back to work. Lisa will come over and make sure you have healthy options shopping list and menu plan for yourself and your family.

Every household can benefit from a seasonal nutrition tune up. Call Lisa today to set up an in-home appointment and consultation. Our Home Chefs are available too.

Call for an appointment
212 -831-1900

Back to Work Power Breakfast

Breakfast is the most important meal of the day, and most often missed. Lisa has a great breakfast full of energy that you can make ahead of time if you are in a crunch before

Organic Nut Butter Roll

- 6' Multigrain Tortilla
- 1 tbsp Almond Nut Butter
- 1/3 cup Granola
- ½ Green Apple or medium banana, diced (or both)



Spread nut butter on tortilla, sprinkle granola and fruit and roll up.

Trick or Treating – The Healthy Way

This Halloween, be the house on the block that hands out the healthiest snacks. Lisa has some great recommendations for celebrating the holiday in a healthy way:

- Organic popcorn or sorghum
- Dark chocolate covered almonds
- Homemade granola bars
- Bite size pumpkin cookies
- Raisins
- 100 % Fruit strips



BACK TO WORK SPECIAL

30-minute Reflexology/Massage Express for \$65 (\$20 Savings)



September/October Special

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