



MINDFULLY DELICIOUS 101

ABOUT KRISTEN BROGAN

As an International Keynote Speaker and The Chief Mindful Living Officer at On Target Living, a health and performance company teaching people how to be their best self, Kristen specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles.

SAMPLE EVENT INVITATION

Are you ready for an experience that will blow your mind and taste buds? Join our special guest speaker, Kristen Brogan, Registered Dietitian, Superfood Chef, Author of *Target To Table*, and The Chief Mindful Living Officer at On Target Living as she shares the secret for living a life of health, wealth, and happiness. In this dynamic presentation and cooking demonstration, she'll show you simple tips for making your dishes healthier and more flavorful while teaching you how to eat more mindfully to live your best life. Participants will leave knowing how to use food as their competitive advantage and most powerful investment. Mindful eating guide and delicious samples included.

KRISTEN'S SPEAKER INTRO

Kristen Brogan is an international keynote speaker, best selling author, registered dietitian, superfood chef, yoga instructor and the chief mindful living officer at On Target Living, a health and performance company helping people discover the power of feeling their best. Kristen works with organizations all over the world to help make health a business strategy.

Kristen's message is centered on expanding human capacity through mindful living. Kristen energizes and motivates her audiences to live healthy without making sacrifices and teaches a lifestyle that blends mindful eating, mindful moving, and mindful resting to build your whole self. Kristen's dream is to one day have her own cooking called Mindfully Delicious. Please help me welcome Kristen to the stage.

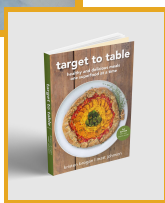
SAMPLE TIMELINE

- 5:30pm Cocktails and light hors d'oeuvres to be served as guests arrive.
- 5:50pm Guests to take their seats
- 6:00pm Welcome and introductions
- 6:10pm Kristen to start Mindfully Delicious Presentation
- 6:35pm Kristen to start Black Bean Mango Salad recipe demonstration
- 6:50pm Black Bean Mango Salad samples to be served to audience
- 6:55pm Kristen to start Fruity Delicious Cake recipe demonstration
- 7:05pm Fruity Delicious Upside Down Cake samples to be served to audience 7:10pm Questions, wrap-up, thank you, superfood sampling, & cookbook signing

NOTES

Demonstration recipes included in Kristen's *Target To Table* cookbook

TESTIMONIAL



Everyone absolutely loved the Culinary Experience event! Kristen is awesome and we can't wait to have her back! Our clients are still talking about this event and what a wonderful evening we shared together. This event connected us to our clients in a way that no other event has done in the past. We are big believers of how food can build relationships and transform lives. Food and healthy living are truly our greatest investments.

Mary Leahy Rankey, CFP®
Private Wealth Relationship Manager The
Iles Schropp Group
Merrill Lynch, Pierce, Fenner & Smith Inc.

PAST CLIENTS HAVE CALLED THE EVENT:

How To Eat Healthy & Have a Social Life
Feed Your Passion, Fuel Your Goals
The Secret to Living A Healthier, Wealthier & More Delicious
Life Food As Your Most Powerful Investment
Health Is Wealth

EXPERIENCE ADD-ONS

SHOPPING TRIP WITH REGISTERED DIETITIAN



Join Superfood Chef & former Retail Dietitian, Kristen Brogan as she takes you through the grocery store showing you simple and fun ways to upgrade to healthier and more flavorful options. Here, she will share the secret to navigating the aisles with confidence.

BYOB YOGA MEDITATION & CALMING SUPERFOODS



Join Certified RYT Yoga Instructor, Kristen Brogan as she takes you through a dynamic yoga routine that improves alignment, balance, strength, flexibility and overall well-being. Kristen will help you to incorporate breathing and mindfulness into your yoga practice, allowing you to be more present and fully engaged in the movement. From the beginner to the experienced yogi, this class is perfect for any fitness level. No equipment required—just bring your own body (BYOB). Following yoga, Kristen will take you through a quick meditation for reducing stress, calming the mind and will show you what foods are best for stress and better sleep. Calming magnesium rich foods included.

Learn more at www.ontargetliving.com/mindfully-delicious-experience/

RECIPES & SUPPLIES NEEDED

BLACK BEAN MANGO SALAD

black bean mango salad

Serves 6

¼ cup extra virgin olive oil
¼ cup balsamic vinegar
Juice of 1 lime
2 15-ounce cans black beans, rinsed and drained (see note)
1 15-ounce can whole kernel corn, drained
1 green bell pepper, chopped
1 red pepper, chopped
½ cup green onions, chopped
2 avocados, cubed
2 mangos, peeled and chopped
Sea salt & black pepper to taste

Mix olive oil, vinegar, and lime juice in the bottom of a large mixing bowl.

Add remaining ingredients and toss to coat with dressing.

Refrigerate 1 hour before serving.

Serve as a salad or dip with organic blue corn tortilla chips.

tip Can be made in advance. Leave out avocado until ready to serve.

 Rinsing and draining beans can reduce the sodium content by 40%.



FRUITY DELICIOUS UPSIDE DOWN CAKE

fruitilicious upside-down cake

Serves 4

Combine the pecans, dates, and vanilla in a food processor and pulse until finely ground.

Line a small mixing bowl with saran wrap. The bowl should be approximately 7 inches wide, by 3 ½ inches deep to allow ingredient layers to be seen when served.

Layer kiwi slices in rows along bottom and up the sides of bowl.

Press half of the pecan and date mixture evenly over the kiwi slices to secure in place. Push date mixture in the spaces between the kiwi slices.

Layer banana slices, blueberries and raspberries over the pressed pecans and dates.


Cover the fruit layers with the second half of the pecan and date mixture, and press to seal.

Push down so the top is level with the edges.

Wrap in saran wrap and place in refrigerator for 20 minutes to set.

To serve, remove top layer of saran and place serving dish on bowl. Flip the bowl and plate, and remove the bowl from the filling. Remove saran wrap.

Cut into slices and serve.

 Nothing is sweeter than nature's candy – fresh fruit.

SUPPLIES

Ingredients for one batch of Black Bean Mango Salad & Fruitilicious Upside Down Cake (provide all ingredients listed in recipe)*

- Small bowls for serving black bean mango salad dip
- Small plates for serving Fruitilicious Upside Down Cake
- Forks and napkins for servings
- Plastic wrap
- Small deep bowl
- Round plate or platter
- Plastic gloves for food prep
- 2 large chef knives
- 1 paring knife
- 1 small whisk
- 1 large mixing bowl
- 4 small mixing bowls
- 2 large cutting boards
- 2 regular size spoons
- 2 large mixing spoons
- 1 pie turner (pie spatula)
- Salt and pepper
- Paper towels
- Trash cans
- Extension cord and access to outlet
- Large food processor
- Projector (will bring laptop to plug in for slides)

FOOD PREP

- ✓ Wash produce
- ✓ Keep peppers, avocado, mango, and green onions in their whole form (for how-to cut demonstration)
- ✓ Drain and rinse beans and corn
- ✓ Have tortilla chips for using as a topper or serving salad as a dip. (Two large bags needed for serving one batch)

MENU ITEMS FOR PLATED MEAL

fried rice

Serves 4

1½ cups organic brown basmati rice
2-3 eggs
½ cup diced carrots
½ cup diced onion
½ cup frozen peas
1 tablespoon extra virgin olive oil
1 tablespoon roasted sesame seeds
½ teaspoon black pepper
½ teaspoon sea salt
2 tablespoons Bragg's Liquid Aminos or low sodium soy sauce
1 teaspoon toasted sesame oil
Garnish with chopped green onions

Cook rice according to package directions. Rinse cooked rice in a strainer, and set aside to cool and dry slightly.

Scramble the eggs lightly in a small frying pan. They will continue to cook slightly when added into the rice. Set aside.

Heat the olive oil in a large frying pan over medium high heat. When the oil is very hot, add the onions and carrots. Stir constantly so that the vegetables don't burn.

When the onions and carrots are soft, add the peas and rice, and mix together. Cook for 5 minutes.

Chop the scrambled eggs and add them to the rice. Stir to combine.

Season with salt and black pepper. Sprinkle in the sesame seeds.

Add the sesame oil and Bragg's and cook for 3 more minutes.

tip Serve this dish hot with any Asian inspired entrée. To make a one-dish entrée, add diced, cooked chicken, beef, or shrimp.



roasted brussels sprouts

Serves 4

Preheat the oven to 375°F.

Cut off the stem end of the Brussels sprouts and cut in half. Place the halved sprouts in a bowl and combine all the ingredients.

Place the sprouts on a cooking sheet and bake for 40-50 minutes. They should be golden brown and slightly crispy.

tip Any vegetable can be roasted in the oven. Try broccoli, cauliflower, or asparagus. Easy and delicious!

1½ pounds Brussels sprouts
2 tablespoons extra virgin olive oil
½ teaspoon sea salt
¼ teaspoon black pepper
2 garlic cloves, diced
Drizzle balsamic vinegar (optional)



very berry mineral water cocktail

Serves 4

Combine ingredients in a large pitcher and serve.

1 bottle (33.8 ounces) natural sparkling mineral water
8 ounces sparkling juice
1 orange, sliced
1 lemon, sliced
Ice

tip Skewer raspberries, blueberries, and blackberries on a cocktail straw or toothpick, and place in the freezer overnight. Place frozen fruit skewer in your favorite wine or cocktail glass and add carbonated mineral water.

Mineral Water Cocktail is full of electrolytes, making it a great sports recovery drink to refuel and replenish the body.



chicken satay

Serves 4

Slice the chicken thinly and arrange in a deep dish. Mix the Bragg's, lime juice, and olive oil together well. Pour over chicken and let marinate in fridge overnight or for at least 1 hour.

Remove the chicken from the marinade and thread onto skewers.

Cook on the grill on medium-high heat until cooked through.

Meanwhile, prepare the peanut sauce by combining all ingredients. Whisk vigorously until a smooth consistency. Add more water for a thinner consistency.

Serve chicken with satay sauce.

For the chicken and marinade:
1 pound boneless, skinless chicken breasts
4 tablespoons Bragg's Liquid Aminos
1 tablespoon extra virgin olive oil
¼ cup fresh lime juice

For the peanut sauce:
¼ cup natural peanut butter
½ cup warm water
1 tablespoon Bragg's Liquid Aminos
1 tablespoon apple cider vinegar
1 teaspoon honey
1 teaspoon fresh ginger

tip Peanut Sauce is delicious with chicken, steak, veggies, and rice.



CONTACT KRISTEN TO ASK ABOUT AVAILABILITY & PRICING

kbrogan@ontargetliving.com

www.ontargetliving.com