

Feel Great! Increase Energy! Restore your Health!

Experience the Magic of U' Pon Cuisine™

Unique Plantbased Optimal Nutrition Cuisine
Delicious food without sugar, wheat, dairy, animal fats
Or heat above 115 degrees.



- ❑ **Forget Cooking!:** *Almond Milk, Cream of Zucchini Soup, Mediterranean Kale Salad, Not Tuna Salad, Vegetarian Sushimaki, Zucchini Noodles Marinara, Chocolate Mousse*
- ❑ **Breakfast and Brunch:** *Green Vitality Juice, Berries with Orange Maple Cream Sauce, Muesli with Almond Cream, Old-fashioned oatmeal, Tropical Fruit Crepes with Mango Coulis, Cinnamon Rolls, Chai*
- ❑ **Kitchen Gardening:** *Rejuvelac, Coconut Yogurt, Green Leafy Sprouts, Wheat grass, Green Drink, Sprout Salad with Tomato Basil Dressing, Herbed Almond Cheese Spread, Sauerkraut, Energy Soup*
- ❑ **All-American Comfort Foods:** *Old fashioned Banana Milkshake, Vegetable Platter with Mock Sour Cream and Chive Dip, Garden Vegetable Burgers with Barbecue Sauce and Sesame Mayonnaise, Southern Greens, Peach Pie, French Vanilla Ice Cream*
- ❑ **Wrap and Roll:** *California Rolls, Vietnamese Salad Rolls, Zucchini Pepper Wraps, Assorted Spreads: Basil Pesto, Avocado Dip, Spicy Miso Paste, Mock Peanut Sauce, Sesame Mayonnaise*
- ❑ **Latin American Fiesta:** *Papaya Lime Soup, Mango Avocado Salad, Spanish Ensalada, Spicy Red Pepper Chips*
Salsa and Cilantro Sour Cream, Authentic Guacamole, Tropical Fruit Tart
- ❑ **Raw Italy:** *Mixed Greens with Lemon Herb Dressing, Caprese Salad, Garden Vegetable Soup, Zucchini Pasta al Pesto with Pine Nut Parmesan, Lasagna, Bitter Chocolate Sorbet and Walnut Gelato with Raspberry Coulis*
- ❑ **Mediterranean Flavors:** *Hummus, Falafel with Tahina Sauce, Tabouli, Greek Salad, Carrots with Moroccan Spices, Dolmas with Middle Eastern Marinara, Fruit and Nut Candy*
- ❑ **Holiday Favorites:** *Holiday Nog, Cucumber Bisque, Christmas Kale, Almond Stuffing, Cranberry Orange Relish, Green Beans Amandine, Mock Pumpkin Pie with Cashew Cream*



Jim Dye
U' Pon Cuisine™
Chef & Instructor
Graduate of
Living Light
Culinary Arts Institute

Jim's career started at the age of 4 cooking and collecting his favorite recipes. He was a chef at Camino's Italian Bistro, Cork and Clever, and on the party circuit in Denver, Des Moines, Chicago, and Seattle.

In 2006 Jim founded the U' Pon Cuisine™ for: Detox, Kids, Sports, Seniors

Jim is internationally recognized consultant and the founding director of EnviroBalance Research Foundation. The foundation's mission is to educate and train in the fields of health and natural environmental solutions.
His e-book, will be out March 2007 U' Pon Cuisine™ for Optimum Health.

Host a U' Pon™ Party!
Pick items from recipe book and invite 4 to 6 of your best friends. I will show you the shortcuts and special techniques for success. You and your friends will actually prepare the meal and then sit down and enjoy your new found talents.

All Skill Levels Welcome!
Reservations required one week in advance of class

Call Jim To Reserve your date at
(970) 372 5815

E-mail uponcuisine@yahoo.com
Private Consulting & Personal Training Available