



March 11th - 12 noon to 1pm -\$20 per family

Register at superdomesports.com/register

CULINARY FARMACY @ THE SUPERDOME WITH ELISA HAGGARTY:

Certified Functional Nutritionist & Lifestyle Expert

FOOD AS FUEL FOR ATHLETIC SUCCESS

What you eat has a tremendous impact on not just how you feel, but how you perform on the field. More professional athletes than ever are upgrading their diet in the pursuit of better energy and recovery. To excel at this level and to reach the next level of competition in your sport, learning the basics of fueling your body will determine your success. In this engaging workshop you'll pin point areas of your performance where you can improve and walk away with a toolbox of ideas and facts on how to become a better athlete.

WHAT YOU WILL LEARN:

- Why energy gels/drinks and energy bars are sabotaging your performance.
- The #1 most harmful ingredient found in over 80% of packaged foods
- How to fuel your mind and body before and after fitness
- 3 keys to making the perfect smoothie for energy and recovery

WHAT YOU'LL GET

- Smoothie demo and recipe
- Energy bite demo and recipe
- An athlete handout 1 page fact sheet



Elisa Haggarty is a Functional Nutritionist & Lifestyle Expert and founder of Culinary Farmacy. Elisa practices root cause resolution that means she works to find the triggers of disease in the human body and provides practical action steps on how to address health goals. As a former college athlete and coach, she weaves her nutrition knowledge into workshops and programs that help athletes maximize their performance on and off the field. Elisa is tired of the status quo that posits disease as synonymous with old age and your genetics as your fate, and firmly believes that each meal is a chance to impact mental and physical health.

Elisa lives in Brooklyn, NY with her two crazy kittens. She is a graduate of The Institute of Integrative Nutrition, The Natural Gourmet Institute and of Full Body Systems with Holistic Nutrition Lab.

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