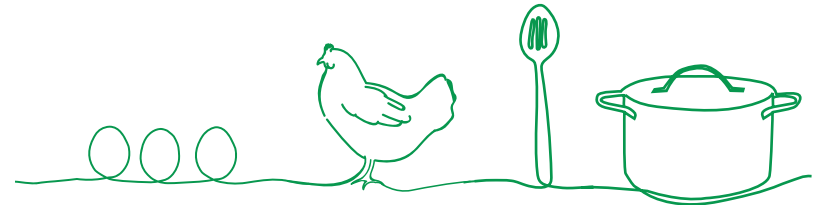


| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|--|--|--|--|--|
| <p>2</p> <p><i>Happy Labor Day!</i></p>   | <p>3</p> <p>Exploring Plant-Based Proteins<br/>12pm</p> <p>Vegan Power Bowl<br/>1pm</p>  | <p>4</p> <p>The MIND Diet<br/>10am, 4pm</p> <p>Shrimp Salad, Mexican Riviera Style<br/>2pm</p> <p>Curry<br/>6pm</p>                            | <p>5</p> <p>Meal Planning<br/>11am, 5:30pm</p> <p>Shakshuka Flatbread<br/>1pm</p> <p>Freezing Summer's Bounty<br/>6pm</p>                                      | <p>6</p> <p>Intermittent Fasting<br/>10am, 3pm</p> <p>Pickles<br/>5:30pm</p>   | <p>7</p> <p><i>One Year Anniversary Party</i></p> <p>Join us between 2 - 4PM to celebrate!</p>   |
| <p>9</p> <p>Nutrition Tips for Kids<br/>12pm, 6:30pm</p> <p>Kids in the Kitchen (Ages 8-12): Afterschool Snacks<br/>4pm</p> | <p>10</p> <p>Eat Smart for Your Heart<br/>12pm, 2pm</p> <p>Stuffed Baked Apples<br/>1pm</p>  | <p>11</p> <p>Understanding Food Labels<br/>10am, 4pm</p> <p>Make Your Own Lunch Meat<br/>2pm</p> <p>Bao, Steamed Pork Buns<br/>6pm</p>         | <p>12</p> <p>Simple Tips for Balanced Blood Sugar<br/>11am, 5:30pm</p> <p>Sourdough<br/>1pm</p> <p>Vietnamese-Style Summer Rolls with Peanut Sauce<br/>6pm</p> | <p>13</p> <p>The MIND Diet<br/>10am, 3pm</p> <p>Ice Cream<br/>3pm</p>  | <p>14</p> <p>Make Your Own Lunch Meat<br/>12pm</p> <p>Shakshuka Flatbread<br/>3pm</p>  |
| <p>16</p> <p>Exploring Plant-Based Proteins<br/>12pm, 6:30pm</p> <p>Turkey and Lentil Sloppy Joes<br/>5:30pm</p>            | <p>17</p> <p>Simple Tips for Balanced Blood Sugar<br/>12pm, 2pm</p> <p>Mason Jar Meals<br/>1pm</p>   | <p>18</p> <p>Meal Planning<br/>10am, 4pm</p> <p>Salsa Fest<br/>2pm</p> <p>Willamette Valley Caldo<br/>6pm</p>                                  | <p>19</p> <p>Intermittent Fasting<br/>11am, 5:30pm</p> <p>3 Bean Citrus Salad with Pan-Seared Chicken Breast<br/>1pm</p> <p>Chutney<br/>6pm</p>                | <p>20</p> <p>Understanding Food Labels<br/>10am, 3pm</p> <p>Angel Hair Pasta with Tomatoes and Herbs<br/>5:30pm</p>      | <p>21</p> <p>Nutrition Tips for Kids<br/>10am</p> <p>Biscuits<br/>11am</p> <p>Cooking Diabetic-Friendly Meals: Breakfast<br/>3pm</p>       |
| <p>23</p> <p>Eat Smart for Your Heart<br/>12pm, 6:30pm</p> <p>Ginger Beer<br/>5:30pm</p>                                    | <p>24</p> <p>Understanding Food Labels<br/>12pm, 2pm</p> <p>Curry<br/>1pm</p> <p>Bao, Steamed Pork Buns<br/>5:30pm</p>   | <p>25</p> <p>Nutrition Tips for Kids<br/>10am, 4pm</p> <p>Vietnamese-Style Summer Rolls with Peanut Sauce<br/>2pm</p> <p>Sourdough<br/>6pm</p> | <p>26</p> <p>Exploring Plant-Based Proteins<br/>11am, 5:30pm</p> <p>Veggie BLT<br/>1pm</p> <p>Fresh Pasta and Marinara<br/>6pm</p>                             | <p>27</p> <p>Simple Tips for Balanced Blood Sugar<br/>10am, 3pm</p> <p>Basics' Blonde-Style Chicken Adobo<br/>5:30pm</p> | <p>28</p> <p>Meal Planning<br/>10am</p> <p>Make Your Own Lunch Meat<br/>12pm</p> <p>Meals for a Happy Heart: Sheet Pan Dinners<br/>3pm</p> |
| <p>30</p> <p>The MIND Diet<br/>12pm</p> <p>Korean Bo Ssam<br/>5:30pm</p>  | <p><b>Nutrition Classes:</b><br/>45 minutes in the Basics Nutrition Classroom</p> <p><b>Interactive Cooking Demos:</b><br/>1 hour in the Basics Discovery Kitchen</p> <p><b>Kitchen Skills Classes:</b><br/>1 hour in the Basics Discovery Kitchen</p> |  |  |  |  |



CLOSED SUNDAYS

# Nutrition Classes

45 minutes each in the Basics Nutrition Classroom

## Cooking Diabetic-Friendly Meals: Breakfast

Join our nutrition and culinary team for nourishing recipes that support balanced blood sugar. **Held in Basics' Discovery Kitchen**

## Eat Smart for Your Heart

Learn what foods to prioritize to support a healthy cardiovascular system.

## Exploring Plant Based Proteins

We're dedicating a class to exploring plant-based proteins, how to incorporate them into a balanced plate and tips on how to use them.

## Intermittent Fasting

Learn the science behind this eating pattern. We'll discuss varying guidelines.

## Meal Planning

Get easy planning tips for balanced plates to feel your best and stretch your food dollar.

## Meals for a Happy Heart: Sheet Pan Dinners

Join us as we put together simple one pan dinners using foods your heart will love.

**Held in Basics' Discovery Kitchen**

## Nutrition for Kids: Nourishing Growing Bodies

From toddlers to teens, get tips on creating positive and nourishing eating patterns that will benefit them for a lifetime.

## Simple Tips for Balanced Blood Sugar

Get mealtime strategies and snack time swaps that can help you avoid the blood sugar roller coaster and feel energized throughout your day.

## The MIND Diet

This Mediterranean-inspired diet plan focuses on brain boosting nutrients. Discover focus foods to reduce age-related mental decline.

## Understanding Food Labels

Join us to learn how to decode food labels so you can select foods to meet your nutrition goals.

# Interactive Cooking Demos

1 hour each in the Basics Discovery Kitchen

## 3 Bean Citrus Salad with Pan-Seared Chicken Breast\*

Looking for a simple entrée salad recipe with lots of flavor? Look no further! Pantry staples, fresh veggies and chicken come together with a simple vinaigrette to create a quick, easy meal great for lunch or dinner.

## Angel Hair Pasta with Tomatoes and Fresh Herbs \*

It's amazing what you can cook up with just five ingredients! This quick and easy dish marries ripe tomatoes, basil and parsley with parmesan and angel hair pasta.

## Bao, Steamed Pork Buns

All steamed up! Soft and supple, dough made from scratch surrounds a savory pork filling, pop them into a steamer for dinner or a lunchtime snack.

## Basics' Blonde-Style Chicken Adobo

An inventive take on the classic Filipino dish, this one-pot meal with unconventional spices and herbs results in falling-off-the-bone chicken full of flavor.

## Kids in the Kitchen (ages 8-12): After School Snacks

Join a culinary and nutrition mentor for a fun and interactive class on after school snacks.

## Korean Bo Ssam

Slow-cooked pork served in lettuce leaves with special sauces and accompaniments, we'll share the steps for making this traditional Korean dish.

## Shakshuka Flatbread

Learn how to make our version of this traditional stewed tomato and egg dish. Make-ahead tips get this dish to the table in a jiffy!

## Shrimp Salad, Mexican Riviera Style

A refreshing treat, tender shrimp are tossed with a salsa redolent of lime, chile and cilantro.

## Stuffed Baked Apples\*

Nuts, dried fruit, and spices fill these soft and luscious baked apples. You can mix and match to create your favorite combo.

## Turkey and Lentil Sloppy Joes\*

Fast and kid-friendly, this recipe is both nutritious and delicious.

## Vegan Power Bowl

This super bowl is packed with a flavorful medley of fresh herbs, greens, beans, grains, and crunchy seeds tossed with a bright citrus vinaigrette.

## Veggie BLT

Crispy tofu bacon, crunchy lettuce and vine-ripened organic tomatoes is our take on this classic sandwich – simple and basic.

## Vietnamese-Style Summer Rolls with Peanut Sauce

Translucent rice paper wraps up shrimp, herbs and vegetables in this beautiful dish.

## Willamette Valley Caldo

A rich stew of vegetables (think corn, mushrooms, squash, potatoes), chicken and chorizo, with the added flavor blast of fire-roasted chiles, tomatoes and onion.

# Kitchen Skills

1 hour each in the Basics Discovery Kitchen

## Biscuits

Learn how easy it is to make biscuits at home two different ways.

## Chutney

Master this popular condiment with our go-to recipe that works with almost any fruit.

## Curry

Curious about curries? We'll show you the techniques for creating your own curry paste with spices, oils and fresh ingredients, and make Malaysian-Style Chicken Rendang.

## Freezing Summer Stock

Do you have an abundance of summer veggies? This is THE class for you! You'll learn the skills to preserve your harvest by freezing and pureeing.

## Fresh Pasta and Marinara

Pasta making doesn't have to be difficult, join us and see just how to do it! Pair it with a homemade marinara.

## Ginger Beer

What happens when you put fresh ginger, sugar and water together in a Mason jar? Learn the step-by-step process to making your very own fizzy, satisfying drink.

## Ice Cream

I scream, you scream, we'll be making all kinds of ice cream – and our own waffle cones.

## Make Your Own Lunch Meat

Learn the techniques for creating the best quality turkey lunch meat at the lowest cost! Step 1: Brine for a juicy result, Step 2: Roast for a great suppertime meal, Step 3: Slice it thinly for sandwiches to enjoy the rest of the week.

## Mason Jar Meals

See how to create and assemble convenient to-go meals in a jar. We'll share prepping tips and simple recipes.

## Pickles

Pickling is an art! Let us show you the way to turn cucumbers and other veggies into pickles and slaws perfect for snacking.

## Salsa Fest

Let's salsa! From simple to sensational, we'll share the techniques for making three must-have salsa's (pico, quemada and verde) that take advantage of your garden's bounty.

## Sourdough

Everything you ever wanted to know about sourdough! You'll learn how to make starter (barm) from scratch, keep it alive, and turn it into crusty bread and other goodies.

## \*Heart Healthy Series

Please note, we are not a dedicated gluten-free or allergen-free kitchen.

Sign up for FREE classes  
at: [basicsmarket.com](https://basicsmarket.com)  
or call: 503.432.8910

Open Monday - Saturday  
from 7AM to 9PM

5035 NE SANDY BOULEVARD  
Beneath the Portland Clinic