



THE CON-SNP 2017

RECIPE ROUNDUP

if you are what you eat, then a new year + new you = a new cookbook!

The **Canadian Obesity Network Students and New Professionals** (CON-SNP) are pleased to announce a call for recipe submissions for the 1st edition of our CON-SNP Cookbook!

Here's what we're looking for...

- Healthy, quick, and easy recipes
- Categories include: *Breakfast, Lunch, Dinner, or Snack*
- It doesn't have to be an original – feel free to recycle or modify any recipe!

SUBMISSION DETAILS:

Your name: _____

Category: _____

Title of Recipe: _____ (photo optional)

Ingredients:

Directions:

*Please include any applicable dietary specifications or modifications to the recipe (e.g., vegetarian, vegan, gluten-free, nut-free etc.).

Please submit your recipe by January 31st, 2017 to consnpwestern@gmail.com.

WE LOOK FORWARD TO SEEING WHAT YOU COOK UP!



STUDENT AND NEW PROFESSIONAL

ÉTUDIANT ET NOUVEAU PROFESSIONNEL

WESTERN UNIVERSITY CHAPTER