



**Mona Solar** is a chef and health coach who specializes in delicious health-supportive cooking that is free of gluten, dairy and other food sensitivities. She helps people enjoy a gluten-free lifestyle and improve their health through educational gluten-free cooking classes and workshops. Mona is a graduate of the Natural Gourmet Institute for Health and Culinary Arts in NYC and is a certified nutritional consultant. She is passionate about the personal connection between food, health and healing.



**Lanie M. Despreaux** is a Natural Gluten-Free Chef, Certified Nutritional Consultant and Body Transformation Specialist. She has been helping people for over 20 yrs in health, wellness and fitness. She is an expert in healthy gluten-free and

dairy-free cooking. Lanie holds a certified membership in the Aerobics & Fitness Association of America, American Association of Nutritional Consultants and received her chef training at Stillpoint Holistic Institute. She is dedicated to promoting health and wellness to mind and body.

Solar Wellness  
20 L Nob Hill Dr.  
Roseland, NJ 07068

# Solar Wellness



*Following Our Gluten-Free  
Guts ...*

*“You don’t need to cook fancy or  
complicated masterpieces-just good  
food from fresh ingredients.”*

*~Julia Child*

*Your Gluten-Free Angels:*

**Mona Solar**

Health Supportive Gluten-Free Chef,  
Certified Nutritional Consultant  
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**Lanie M. Despreaux**

Natural Gluten-Free Chef,  
Certified Nutritional Consultant  
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## Let us take you under our gluten-free wings ...

### Here's what we offer:

Cooking and Baking Classes

Crash Course for Beginners

“At Home” Dinner Parties

Kid Parties

Kitchen Make-Over

Menu Planning & Food Prep

Personal Chef

Business Consulting



Having fun at one of our “at home”  
Gluten-Free Dinner Parties

## Do you find it challenging to dine out?

Gather family and friends for a memorable evening in your home and together we'll prepare savory gluten-free dishes.

## Have you run short of ideas or are you looking for more variety in your diet?

We offer a wide selection of individual and group cooking classes that address multiple food sensitivities.

## Have you recently been diagnosed and need an easy transition to a gluten-free diet?

We have a great Crash Course for Beginners that includes a Kitchen Make-over, recipes, shopping tour and more!

## Would you like to incorporate some fun and exciting ideas into your child's gluten-free diet?

We host a gluten-free birthday party in the comfort of your own home which includes great tasting gf pizza & cupcakes! Check our website for details.



Putting the finishing touches on our yummy  
Gluten-Free pizza

## What do you pack in a gluten-free lunch box?

Let us help you with a variety of healthy, creative meal plans.

\* Visit [www.solarwellness.net](http://www.solarwellness.net) to learn more about our detox /cleanse and other restorative programs.