

# A PROFESSIONAL CHEF'S JOURNEY TO RAW SUCCESS

A PRESENTATION BY

## CHEF DOUGLAS McNISH



Stepping into the kitchen at a young age, Chef Douglas McNish fell in love with every aspect of the culinary world. Not understanding the impact poor dietary choices can have on his body, however, he ballooned up to 270 pounds! This lesson led him to change his lifestyle and transform himself and others through healthy, gourmet and cruelty free cooking.

Come listen to award winning Chef McNish's journey in the world of *haute cuisine* and watch him prepare some of his signature dishes.

After working for Toronto's best chefs in some of the most challenging atmospheres, Douglas McNish made important decisions and brought organic vegan cuisine to a whole new level. Specializing in both cooked and raw foods, he won "Iron Chef" title twice in vegan cooking competitions, cooked on TV and for celebrities and teaches classes regularly. He is currently executive chef of a raw food restaurant in Toronto.

**SATURDAY, MARCH 19, 7 P.M.**  
**MCCOY PAVILION**  
**ALA MOANA BEACH PARK**

Chef McNish will also be giving a cooking demonstration on Maui: Thursday, March 17, 7 p.m., Whole Foods Market, Kahului.



**Vegetarian Society of Hawaii**

**Join Us!**

For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

**FREE Admission &  
Refreshments**