



# Healthy-n-Lean 2015 Party *Host Guide*

January, 2015

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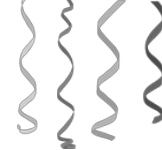


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## General Hosting Tips

We're excited to have the opportunity to help you host a Tryazon home party! Whether you're an experienced host or giving this a try for the first time, we're confident you can be successful and have a fun time showing off great products, while enjoying the time with your guests.

In an effort to help you, we've put together this guide and the following tips for you to review as you prepare for and carry out your party:

- Take time to explore different recipes beforehand and practice making what you intend to showcase at your party. By testing these out first, this will help you feel more comfortable as a host to your guests.
- Invite a variety of people to your party. This is a great opportunity to mingle with friends and family members. It's also an outstanding way to get to know your neighbors.
- Parties with eight or more can provide a fun atmosphere for your guests, but having too many people (e.g., 20+) can make it feel too crowded.
- Make sure you have enough room in your kitchen. If space is limited consider asking a friend if they would be willing to have you use their house for the party.
- Make sure you have enough serving ware as far as dishes, cups, and utensils to accommodate all of your guests.
- You can make this party a creative affair by having fun, colorful decorations to spread the holiday cheer.
- Have all prep done before guests arrive. You want to greet all your guests without rushing around the kitchen.
- If it helps you feel more comfortable, practice going through the entire



party and planned demonstration by yourself or with family members. Use the *Suggested Party Schedule* in this guide to help you prepare and feel free to make modifications as desired.

The remainder of this guide will help you become more familiar with your kit products and provide you with party planning & scheduling resources, including delicious recipes you may want to consider using.

Have fun!!

## Getting to Know GEFU and Wheat Belly



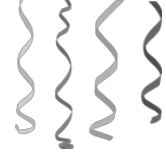
Based in Eslohe Germany, **GEFU** made the first food mill back in 1943, and has developed into one of the most exclusive specialist for high quality kitchen equipment in the market today. GEFU products are not only designed engineered and manufactured to precise specifications, they are also ergonomically and esthetically pleasing. GEFU has created a family of products that are beautiful and functional. GEFU is constantly reengineering products and offering new and exciting products. For example the Spiral Slicer "Spirelli" is extremely unique and has been a run-away hit throughout the world. Creating timeless products which harmoniously combine design and practicality has been the goal of GEFU brand since its inception and this mindset continues today.

**Wheat Belly** shook the foundations of the diet world when author and renowned cardiologist William Davis revealed that an epidemic of adverse health effects—from mysterious rashes and high blood sugar to stubborn belly fat (so-called "wheat bellies")—could be banished forever with one simple step: Saying goodbye to wheat. His book series has become very popular in recent years.

Below are some helpful resources to help you become more familiar with these brands:

GEFU Primary Site (in US): <http://www.gefu.us/>

Wheat Belly Primary Site: <http://www.wheatbellyblog.com/>



## GEFU Spirelli Spiral Slicer



With the spiral slicer you can conjure up endless Julienne strips of carrot, radish, cucumber and all kinds of other firm vegetables. The 2 x 3 mm or 3.5 x 5 mm spirals are perfect to create vegetable stir-fries or pasta dishes, and to decorate serving dishes. The combination of high quality plastic and stainless steel means it can be cleaned simply in the dishwasher.

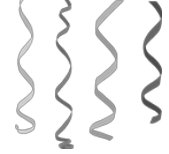
A video demonstration can be found here:

<https://www.youtube.com/watch?v=-LiB4mSXWgY>

A link to the Spirelli as shown on Dr. Oz can be found at GEFU USA's Facebook page: <https://www.facebook.com/GourmetKitchenworks>

## GEFU Universal Peeler





The Japanese peeler with a high quality blade is good for peeling asparagus, fruit, and vegetables. It is extremely precise and easy to use, making other peelers seem inferior. It works for any type of vegetable and fruit. The unique scraper removes any clinging bits of peel. Eyes on both sides of peeler allow right or left-handed use. Great for detail work. Dishwasher safe.

## GEFU Lemon Juicer



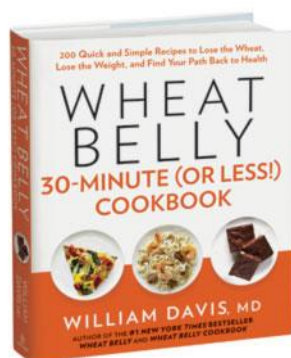
The GEFU Lemon Juicer allows lemon juice to be perfectly portioned. Just screw the juicer into the lemon, squeeze the lemon and pour as required without any mess. Also suited for limes and oranges.

## GEFU Julienne Peeler ASIA



For enjoyable Asian-style cooking! The new Julienne Cutter ASIA with blades made of high-strength Japanese steel cuts potatoes, cucumbers, carrots, courgettes, aubergines and much more into matchsticks, conjuring up vegetable juliennes for exotic wok dishes in no time at all. But that is not all: The slicer is a multi-performer. The extremely hard and sharp teeth on the back can grate nutmeg and grind ginger, apples and other firm fruit and vegetables into a pulp. The ergonomic shape of the handle makes the slicer comfortable to hold and easy to use.

## Wheat Belly 30-Minute (Or Less!) Cookbook



The Wheat Belly Cookbook has hundreds of delicious, family favorite recipes with a wheat-free makeover. The book makes it easier than ever with this collection of yummy recipes that are quick enough for busy weekdays—and good enough for company. Readers will find an introduction to the ABCs of wheat-free cooking, plus a guide to prepping the kitchen, stocking the pantry, and getting started on a healthy new path. Beautifully illustrated with full-color photo inserts, readers will enjoy these delicious recipes for breakfast, lunch, dinner, side dishes, snacks, desserts—and even special occasions.





## Recipe Ideas

### Fresh Vegetable Salad with Spaghetti Veggies

This is a recipe modified from GEFU

#### Ingredients:

4 large carrots, peeled  
4 parsley roots, peeled  
2 cucumbers  
2 radishes, peeled  
24 peeled orange segments  
16 cherry tomatoes  
2 bananas and 2 red apples  
8 tbsp. sour cream  
1 tsp fresh dill tips  
2 tbsp. chopped walnuts  
Curry powder, chili flakes



#### *For the marinade*

12 tbsp. white balsamic vinegar  
8 tbsp. white balsamic syrup  
½ cup apple juice  
8 tbsp. olive oil  
Salt, pepper

Prep time: About 20 minutes

#### Instructions:

Cut carrots and cucumbers with the SPIRELLI and radish and parsley roots with the JULIENNE PEELER ASIA and place each in separate bowls. Mix all marinade ingredients together and pour some marinade over carrots. Add walnuts, slices of apple, and curry powder and mix well.

Mix sour cream, dill, salt, and pepper into cucumber spaghetti and add a little of the marinade to taste. Add to the parsley roots, orange slices and chili flakes, add marinade as preferred.

Take the radish spirals, again add the marinade and garnish with slices of banana. Leave prepared salads to stand for about 20 minutes, then decorate with cherry tomatoes and serve on plates.

Serves 8



# Lemon Chicken Soup

This is an original Tryazon recipe from Chef Mary Parry

## Ingredients

2 tablespoons olive oil, divided  
1 1/2 pound boneless, skinless chicken thighs, cut into 1-inch chunks  
Salt and freshly ground black pepper  
2 cloves garlic, minced  
1 onion, diced  
3 carrots, peeled and diced (*could use julienne slicer if wanted to*)  
2 stalks celery, diced  
1/2 teaspoon dried thyme  
5 cups chicken stock  
2 bay leaves  
3/4 cup uncooked orzo pasta  
1 sprig rosemary  
Juice of 1 lemon (*use lemon juicer*)  
2 tablespoons chopped fresh parsley

## Instructions:

Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Season chicken thighs with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.

Add remaining 1 tablespoon oil to the stockpot. Stir in garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.

Whisk in chicken stock, bay leaves and 1 cup water; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12 minutes. Squeeze lemon juice using the LEMON JUICER. Stir in lemon juice and parsley; season with salt and pepper, to taste.

Serves 6



# Linguine with Vegetable Alfredo

This is an original Tryazon recipe from Chef Mary Parry

## Ingredients

12 oz. Linguine  
2 Tablespoon extra-virgin olive oil  
1 red pepper, diced or (use universal peeler)  
1 zucchini (*use julienne peeler or spiral slicer*)  
1 yellow squash (*use julienne peeler*)  
1 cup snap peas  
1 16oz jar Alfredo  
1 Tablespoon Lemon Juice (*use lemon juicer*)  
Fresh Parsley  
Grated Parmesan

## Instructions:

Cook linguine according to package.



In a large saucepan, heat olive oil over med heat. Add pepper, zucchini, squash and snap peas. Cook and stir until tender, about 5 minutes.

Stir in Alfredo Sauce, heat and fold in lemon juice.

Add drained pasta to vegetables Alfredo sauce, toss and heat through.

Top with fresh parsley and grated Parmesan.

Serves 4



# Vegetable Quesadillas

This is an original Tryazon recipe from Chef Mary Parry

## Ingredients

1 Zucchini (*use julienne peeler or spiral slicer*)  
1 yellow squash (*use julienne peeler*)  
1 red pepper, cut in strips (*use universal peeler*)  
1 bell pepper, cut in strips (*use universal peeler*)  
1 sweet onion, sliced  
1 Tablespoon extra-virgin olive oil  
1/2 tsp Mexican seasoning  
8 8-inch flour tortillas  
1 5oz package goat cheese  
3/4 cup shredded Monterey Jack Cheese  
1 cup Salsa  
Vegetable Oil

## Instructions:

Use JULIENNE PEELER or SPIRELLI to cut zucchini and yellow squash. Use UNIVERSAL PEELER to cut peppers. In large bowl, combine zucchini, yellow squash, peppers, onion, olive oil and Mexican seasoning.

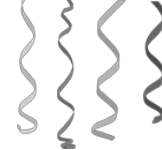
Broil vegetables on a non-stick foil lined baking sheet for about 4 minutes.

In a skillet large enough to hold tortillas, heat 1 to 2 tablespoons of vegetable oil over medium heat. When oil is hot, fry tortillas on both sides about 2-3 minutes or until golden brown.

Place 4 tortillas on a cookie sheet. Spread those 4 with goat cheese. Divide vegetables among the 4 tortillas. Top with salsa, Monterey jack cheese and remaining tortillas.

Broil for 2 minutes or until cheese has melted.

Serves 4



## Suggested Party Schedule

### ***Greet and Mingle***

Mingle with guests as they arrive. You may want to consider having a few preliminary snacks or drinks set out for guests to have while they are waiting for things to start.

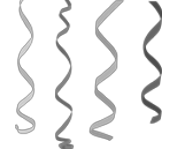
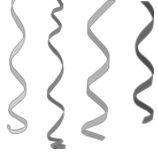
When everyone arrives, consider introducing each attendee to the group or having each go around and introduce themselves.

### ***Party Introduction***

- Introduce Tryazon
  - You could mention that this is a Featured Party opportunity from Tryazon (pronounced Try-a-zon 😊). There are dozens of similar parties taking place this month within the US. Tryazon is a service dedicated to getting innovative products into people's hands and mouths, in fun settings like this. They offer excellent savings for all who participate.
- Introduce GEFU and Wheat Belly
  - Using the information on page 5 of this guide, provide a brief overview of these companies.

### ***Cooking Demonstration***

- Gather your guests around your kitchen and preheat your oven if needed.
- Showcase the lineup of tools in your party kit. Invite your guests to help you in demonstrating how to use each one, answering any questions they may have.
- Consider showing your guests how to make one or more recipes in this guide. Use the tools as needed.
- While waiting for the food to cook, consider having a discussion on healthy



eating and discuss strategies that can help stick to health-related goals for the New Year.

- Enjoy the food together when ready!

### ***Introduce Party Giveaway & Special Guest Offer***

Announce that all party attendees have an opportunity to be entered into a giveaway for a free GEFU Spiralfix. Show what the Spiralfix does using the catalog or from these video links:

<https://www.youtube.com/watch?v=rBiKR9ZbLJo>

<https://www.youtube.com/watch?v=EQOAoJrNJmI>

Pass around the catalog and invite guests to take advantage of a special party discount for all GEFU products. Show them the order form and how prices are all **20% off** just for Tryazon Party Guests. Pass around the form or set out to allow people to decide if they would like to make a purchase.

Note: Please see additional instructions and host rewards from kit materials.

You may also choose to have a laptop or tablet set out on a countertop or table, which shows the products online, the reviews, videos, etc.

### ***Relax and Have Fun!***

You may want to consider having a fun game or activity planned for afterwards.

Thank your guests for coming and refer anyone to [Tryazon.com](http://Tryazon.com) who is interested in doing a similar type of party.

**Please remember at some point during your party to take a group picture with your guests and kit products or food items!**



## Party Planning Checklist

### ***Pre-Party Planning (1-2 weeks before party)***

- ☐ Decide on an exact date and time for your Healthy-n-Lean 2015 Party (estimate 1-2 hours for demonstration, tasting, questions, and mingling).
- ☐ Create a party invitation. Consider e-party invites also that can be sent by email also or events from social media channels like Facebook.
- ☐ Send out party invitations about 1-2 weeks in advance and encourage guests to bring a side item, if desired, and to RSVP.
- ☐ Experiment with GEFU products! Have fun trying different recipes and deciding which ones to share with your guests.

### ***Week of Party***

- ☐ Consider everything you will need for your party including decorations (if desired). Put together a shopping list for anything needed that you do not have and pick up these items.
- ☐ Consider asking one or two select guests to be your party helpers and coordinate your scheduling with them. Divvy out responsibilities as needed.
- ☐ Make sure you have picked up all the food items needed to accompany your recipes. Feel free to ask guests to bring appetizers, drinks, etc. to minimize your costs.

### ***Day of Party***

- ☐ Set up your kitchen. Make sure you have plates, bowls, and your other food items ready to go.
- ☐ Along with setting up your kitchen, prepare your entry way, and dining / eating area.



### ***After the Party***

- ☐ Post about your experience through your blog (if you have one) and social media channels. Review the product for your readers.
  
- ☐ Complete a post-party survey that will be sent to you by Tryazon.