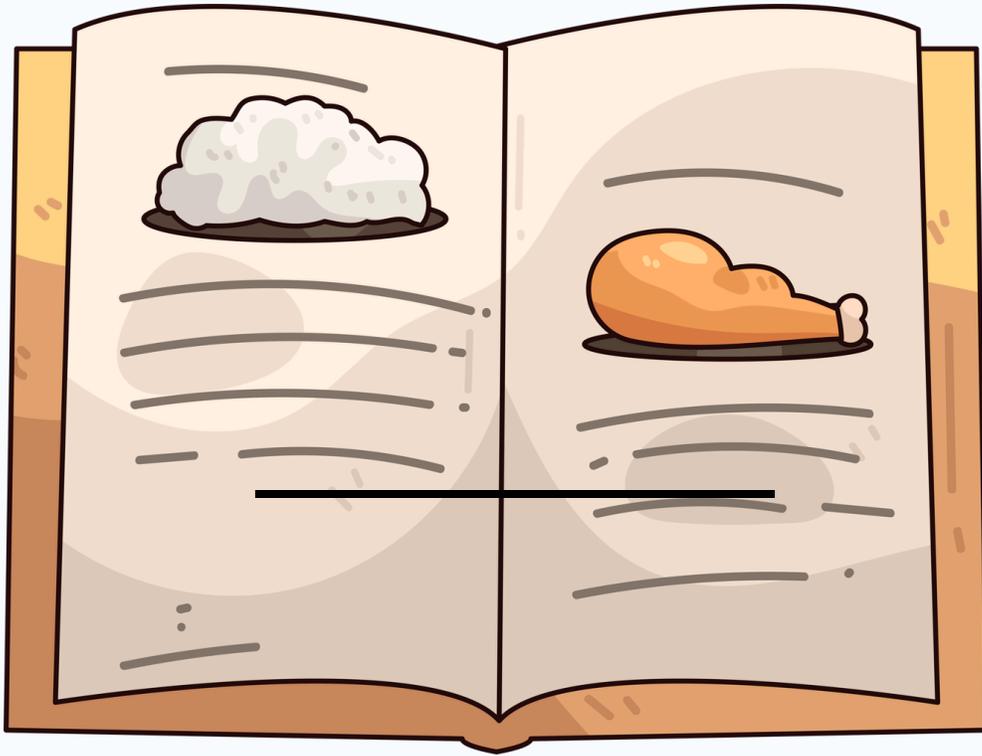


PG COOKBOOK VOL.3

Send us your recipes!



GET YOUR BEST RECIPE IN THE 2026 PG COOKBOOK

March is Nutrition Month and we want to share some favourite recipes with you in the form of our member-created PG Cookbook. All submissions will be entered into a draw for a fun prize.

How to participate:

- Email your favourite recipe (text or links) to pulsegen@ahs.ca
- Deadline for submissions is **Sunday March 15**
- We will compile all the recipes into our electronic PG cookbook to share with you at the end of March!

EMAIL US YOUR RECIPE BY MARCH 15!

pulsegen@ahs.ca

