**Email Blurbs for Good Grilling Guide**

**Intro Email:**It’s the season for barbequing! As much as we love the classic grill marks on a good steak, are the black marks truly carcinogenic? The next four weeks will provide you scientific knowledge about grilling, as well as three delicious recipes you can use for your next BBQ.

**Week 1 The Lowdown on Good Grilling**

So what’s the deal with carcinogens? Does grilling increase cancer risk? Find out here the main findings from studies that have looked at this question. You’ll also find tips to BBQ more wisely so that you can take better care of your body!

**Week 2 Hawaiian Chicken**

It’s time to get BBQing! Now that you’ve learned the main facts about BBQing (i.e., there is an association but not a cause-and-effect link with barbequed meats and increased risk of cancer) it’s time to put that into action! This recipe is a perfect way to avoid red meat but still get the delicious flavours from pineapple and ginger with low-fat, high-protein chicken breast.

**Week 3 Maple Orange Salmon**

Here’s another recipe to add to your collection. This marinade is super tasty and super heart-healthy. Salmon is one of the easiest and best ways to incorporate more omega-3s into your diet and a good alternative to red meat. This marinade uses rice wine vinegar, maple syrup and orange juice which can easily be used for any other protein.

**Week 4 Argentinian Pork**

This is the last week of *Good Grilling Guide.* Today’s recipe is an olive oil herb-based marinade. It’s time to upgrade from the BBQ sauce and move on to more natural, refreshing flavours! This marinade is also very versatile and features olive oil, parsley, cilantro, cumin, oregano, and lemon.