



WILD LOVE

VEGAN CUISINE

Meal Prep Master Course

This is perfect for you if...

- you are looking to get a fresh perspective and spark of inspiration in the kitchen
- you want to learn new techniques to make cooking easier, faster and more versatile
 - you are committed to nourishing yourself for optimal health and healing
- you are ready to transform your relationship to food and elevate your confidence in the kitchen

You will learn how to...

- prepare healthy, delicious, and well balanced meals for your week
- prepare entrées, snacks, soups, salads, drinks & desserts inspired by global cuisines
 - grocery shop for the highest quality ingredients
 - follow and adjust recipes to suit your taste and dietary needs
 - cook intuitively using seasonal ingredients
 - incorporate the flavor profiles of your favorite cuisines
 - prepare meals for the week in a way that is easy and efficient

How does it work?

1. We start with a phone consultation to get to know your vision and goals.
2. We meet once a week for 3 weeks, to connect to what your body needs and what you desire to experience. From that place we will plan a menu, go grocery shopping and cook deliciously nourishing foods for you to enjoy throughout your week.

Pricing: \$1,800 plus gratuity & the cost of food