



## ~ Vegan Meal Prep MasterClass ~

A three-part, in-home course designed to transform the way you cook, eat, and nourish yourself throughout the week.

### **This is perfect for you if you...**

- Want a fresh perspective and **spark of inspiration** in the kitchen
- Want to learn techniques that make cooking **easier, faster, and more versatile**
  - Are committed to **nourishing** yourself for **optimal health** and healing
- Are ready to transform your relationship to food and **elevate your confidence in the kitchen**

### **You will learn how to...**

- Prepare healthy, delicious, **well balanced meals for your week**
- Create entrées, snacks, soups, salads, drinks, and desserts **inspired by global cuisines**
  - **Grocery shop** for the highest-quality ingredients
  - **Follow and adapt recipes** to suit your taste and dietary needs
    - **Cook intuitively** with seasonal ingredients
    - Incorporate the flavor profiles of **your favorite cuisines**
  - Prepare meals for the week in a way that feels **easy and efficient**

### **How it works**

- Begin with a phone consultation to clarify your vision, goals, and dietary needs
  - Meet once a week for 3 consecutive weeks
- In each session, connect to what your body needs and what you desire to experience, then:
  - Plan a customized menu
  - Go grocery shopping / review a curated shopping list
  - Cook deliciously nourishing foods for you to enjoy throughout your week

### **Investment**

- \$2,200 for the 3-week course, plus the cost of food