

CURRENT VIRTUAL WORKSHOP OFFERINGS

GROCERY STORE HELPERS (60 MIN. WORKSHOP)

Presentation + Mini-Cooking Demonstration

We all could use a bit of help in the kitchen from time to time! In this workshop session, we'll learn about

- selecting pre-made food items (aka "Grocery Store Helpers") that provide good nutritional and time-saving value
- key things to look for on food labels
- specific types of foods that are good to have on hand

INCLUDES:

- Presentation
- Mini-Cooking Demonstration
- BONUS E-Book "Grocery-Store Helper" Recipes



FLEXIBLE DINNER PLANNING (60 MIN. WORKSHOP)

Participation Workshop; No Cooking Demonstration

We've all experienced it - that 5 o'clock brain fog when our blood sugar is running low, faced with that daunting question of "What's for dinner?"

In this hands-on planning workshop, we will create a strategy and plan for dinner planning that:

- fits your lifestyle
- supports better health
- benefits your food budget
- saves time

INCLUDES:

- Interactive Workshop
- Dinner Planning Workbook with planning worksheets, information, and tips
- Bonus E-Book "Back Pocket" Recipes



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