
PLANT BASED MEAL PREP

WE AIM TO INSPIRE

Lets face it, we need new ideas in the kitchen. Especially when it comes to including more fruits and vegetables into our diets. It can be difficult not to think about meat or dairy being the main focus. Vegetables always seem to become the side dish. So we've thought up a great idea! Making meals easy for a couple days and inspiring you in your own kitchen to create



healthy, plant based dishes.

We do all the prep! The foraging for nutrition packed ingredients, the chopping, the soaking, the sprouting and even sometimes fermentation. Our ingredients are organic & sourced locally whenever possible.

Meals are prepared without the use of meat, dairy or refined sugars. We strive to use food in it's purest form. Starting with whole foods and creating something you will feel good to eat and feed your family. We use reusable glass containers that you purchase for \$25.00 and keep! Just remember to bring them back to the next meal prep. Most of the chopping & soaking will be complete when you arrive to keep within our 2 hour timeline on your Sunday. During class we demo 2-3 items & incorporate hands on creating within the group. Then provide the recipes for you to recreate these dishes again at home whenever you feel inspired.



You have a couple options:

1. **1-2 people:** 3 containers. This could be 2 meals for 2 or a few meals for 1. Also includes 1 hearty slice of raw cheesecake and class recipes \$65
2. **Family Style:** 3 larger containers. Also includes 1 hearty slice of raw cheesecake and class recipes \$85

Come away with delicious meals, new recipes and lots of inspiration!

To reserve your spot make sure to call in the Friday before Sunday's class 707-633-8328

FOODWISE Kitchen

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Space is limited! www.foodwisekitchen.com or @foodwisekitchen



