

July 2021

| Su | Mo | Tu | We | Th | Fr | Sa |
|--|---|----|----|---|----|----|
| | | | | 1 | 2 | 3 |
| | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Basic Vegetarian Meal Planning (12 - 1:30pm EST) | | | SPECIAL: Vegetarian Indian, Japanese, and Mexican Cooking (7:30 - 9am EST) | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Sunday Meal Prep (Week 1 Menu) (11am - 1pm EST) | Basic Dairy-Free Meal Planning (12 - 1:30pm EST) | | | SPECIAL: Dairy-Free Desserts and Snacks (7:30 - 9am EST) | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | Basic Quick and Easy Meal Planning (12 - 1:30pm EST) | | | SPECIAL: Quick and Easy Cooking for the Family (7:30 - 9am EST) | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Sunday Meal Prep (Week 2 Menu) (11am - 1pm EST) | Basic Leftovers Meal Planning (12 - 1:30pm EST) | | | SPECIAL: Transforming Leftover Snacks into Meals (7:30 - 9am EST) | | |

PRICING AND REGISTRATION

Click on each option to reserve your spot.

[Sunday Meal Prep Group: \\$49/session \(shopping list, one-week meal plan, and prep list included\)](#)

Monthly Q&A Facebook: FREE

[Monday and Thursday Classes: \\$29 \(Includes resources, one-week meal plan, and prep list. Additional \\$10 for downloadable video, additional \\$35 for 5 personalized meals\)](#)

[One-on-one session: \\$125/session, includes one hour meal planning session with Chef Kenzie Osborne](#)