

June 2021

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
	Basic Vegetarian Meal Planning (7 - 8:30pm EST)			SPECIAL: Soy-Free Vegetarian Meal Planning (12 - 1:30pm EST)		
13	14	15	16	17	18	19
Sunday Meal Prep (Week 1 Menu) (11am - 1pm EST)	Basic Dairy-Free Meal Planning (7 - 8:30pm EST)			SPECIAL: Dairy-Free Breakfast and Brunch (12 - 1:30pm EST)		
20	21	22	23	24	25	26
	Basic Quick and Easy Meal Planning (7 - 8:30pm EST)			SPECIAL: Quick and Easy Interactive Meal Planning (12 - 1:30pm EST)		
27	28	29	30			
Sunday Meal Prep (Week 2 Menu) (11am- 1pm EST)	Basic Leftovers Meal Planning (Quick and Easy Part 2) (7 - 8:30pm EST)	SPECIAL: Leftovers Interactive Meal Planning (12 - 1:30pm 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](#)