
PLANT BASED MEAL PREP

WE AIM TO INSPIRE

Lets face it, we need new ideas in the kitchen. Especially when it comes to including vegetables. It can be difficult to think about meat or dairy not 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 meals.



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.

The 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 \$30.00 and keep. Just remember to bring them back to the next meal prep. Most of the food will be prepared when you arrive to keep within our 2 hour timeline on your Sunday. We demo 2-3 items and provide the recipes for you to recreate at home whenever you feel inspired.

You have options:

1. **1-2 people:** 4 containers. This could be 2 meals for 2 plus 1 extra for sides or other additions. Also includes one double slice of raw cake \$85
2. **Family Style:** 3 containers. 2 large meal containers plus 1 medium sized container for sides or other additions. Also includes one double slice of raw cake \$105



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

To reserve your spot call 707-633-8328

Space is limited!