



HAND-ON COOKING PARTY - Participants cook (can be done over Zoom by request.)

TASTING DEMONSTRATION - Some participants may help, and everyone gets to taste

Classes are 2-4 hours

Each class offers 3-5 recipes, generally with a dessert and drink to match the cuisine.

Participants will leave with both knowledge and recipes.

Thai One On

Fondue Fun

Pizza Party

Let's Get Saucy

Roll With It (Sushi)

Salsa and Sass

Mediterranean Mezza Mania

Turkish Delights

Bollywood Bites (focus on small bites)

Namaste (focus on curry)

DIY BBQ

Taste of Tokyo (onigiri, curry, teriyaki, and/or noodles)

Saigon Suppers

Tofu 101

Soups & Stews

Canning 101

Caio Bella - A Journey To Italy

Small Plates

We can customize classes to your preference.

**girls night * team building * birthdays * bachelorette party
bridal showers * date night * families * friends gathering**

Please note: Everything is 100% plant-based. Some of the dishes have been changed to eliminate animal products. Therefore, they would not be considered authentic. However, they are delicious, easy and represent the cuisines noted.



MASTERY SERIES – Series of 4–6 weeks, weekly classes to master plant-based eating. All courses include the preparation of recipes in conjunction with education. Classes are 2–3 hours. These are available in person or over Zoom, all live and in real-time.

Plant-Powered Mastery Series: A Journey to Sustainable Plant-Based Living

Week 1: Foundations

Week 2: Mastering Meal Prep

Week 3: Plant-Based Nutrition

Week 4: Protein Power

Week 5: Easy Breakfasts

Week 6: Incorporating Plants For Life

Meal Planning 101

Week 1: Foundations of Plant-Based Meal Planning

Week 2: Planning By Your Calendar

Week 3: Seasonal Advantage

Week 4: Mastering the Art of Batch Cooking

Week 5: Prepare for the Unexpected

Week 6: Tailoring Plant-Based Meal Planning to Your Lifestyle

Meatless Mondays

Week 1: Introduction to Meatless Mondays

Week 2: Building a Plant-Based Foundation

Week 3: Culinary Techniques for Plant-Based Cooking

Week 4: Crafting Creative and Filling Plant-Based Meals

Week 5: Sustainability and Beyond Meatless Mondays

Gourmet Plant-Based Cooking

Week 1: Plant-Based Flavor Foundations

Week 2: Elevating Everyday Dishes

Week 3: Artistry in Plating and Presentation

Week 4: Culinary Fusion and Global Flavors

Workshops can also be curated to meet individual or group needs.

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