



# PLANT POWERED LIFESTYLE COURSE

*A comprehensive, self-paced course to teach you how to build the foundation of a healthy, plant-based diet.*

## COMPREHENSIVE

This course will not only show you how to prepare healthy meals, but what to buy and how to stock a healthy kitchen.

## APPROACHABLE

It is broken down into actionable steps which makes the process of changing your diet easier to navigate

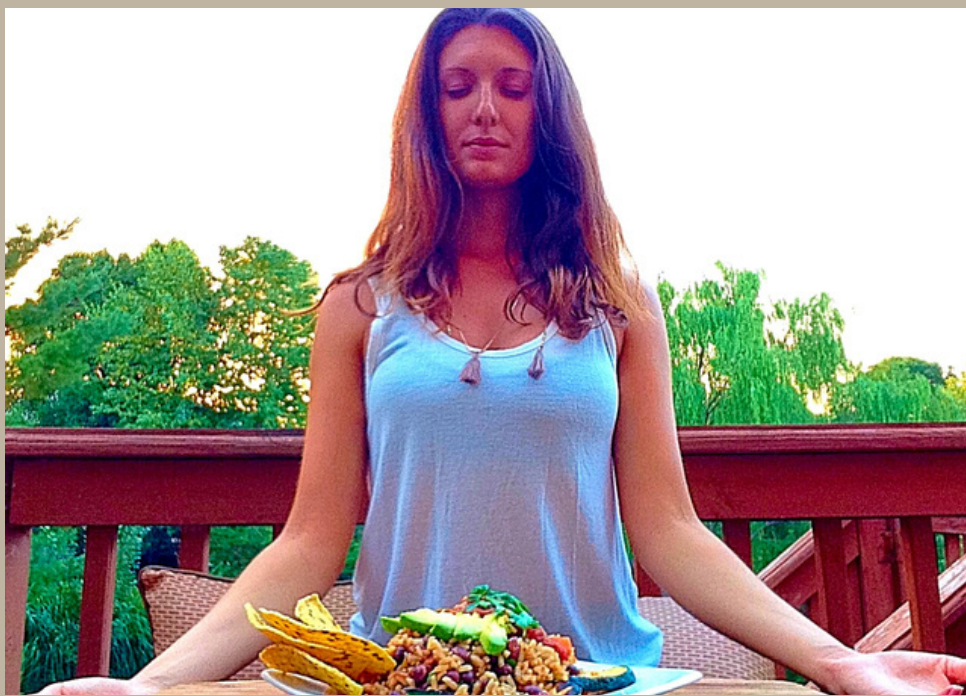
## INTUITIVE

I've used my personal experiences and past mistakes to craft a course that addresses common challenges and concerns.

I've combined my passion, knowledge, and experience to create a personalized, self-paced course to assist others in their transition to a plant-based diet. I walk you through it step by step so that you can create a sustainable change to improve your health and your life.







## VIDEOS WORKSHEETS AND LIVE CALLS

The course combines printable worksheets, pre-recorded videos, as well as two live calls to make sure you are getting the personalized attention you deserve.

### SO MUCH MORE THAN A COOKING CLASS!

I believe that there is so much more that goes into our food than just the ingredients. There is an energetic component that is often ignored. In this course, I teach my intuitive, energetic cooking method. This is one of the only cooking courses out there to combine the energetics of food and cooking.

*“A recipe has  
no soul. You as  
the cook must  
bring soul to  
the recipe.”*

*– Thomas  
Keller*



Whether you are looking to fully transition to a plant-based diet, or just looking to add more vegetables into your diet, this course will give you the tools to craft a way of eating that works for you.

Invest in your health today and make a change that is sustainable and can carry you throughout your life.