

Fall Into Winter Meal Prep Workshop

Thursday, January 26th, 11:00 a.m. - 1:00 p.m.
@ Heather's Home on Mercer Island

Delicious, satisfying, seasonal meals to nourish your family
plus an easy crowd-pleasing appetizer and a festive
dessert.

Meal prep tips and tricks to make life in the kitchen
easier plus your nutrition and lifestyle questions answered.

Maximum 10 guests. \$65 pp.

www.nutritioushabits.com

Addressed confirmed at booking

nutritious
habits

