



# The Vegan Pact

Vegan Eating, Made Delicious!



## **Plant-Based Power Program**

Are you trying to transition to a vegan diet? Looking for new ways to incorporate more veggies into your family's diet? Or are you just passionate about learning to cook healthy foods?

Our diets today are composed of mostly processed foods and animal products, both of which can be detrimental to our health and well-being. We choose convenience over homemade, plant-based meals and we are paying the price. Many of chronic illnesses can be cured or prevented with a healthy diet, and that's where The Vegan Pact can help!

Cooking fresh, healthy meals in the comfort of your own home has never been easier. We'll come to you, assess your nutritional and dietary needs, conduct a kitchen overhaul and get cooking! Completely customized to your specifications, we'll learn to substitute delicious, plant-based meals for some of your favorite comfort foods and you'll quickly see how changing your diet can change your life.

Book one to six, two-hour in-home sessions with us and get ready to feel like a whole new you! Choose the class that feels right to you, or sign up for the whole series-the more you book, the more you save.

### **SESSION ONE: Vegan 101**

- Getting down to the basics! Here we'll assess your dietary history, medical issues, individual and family goals and look at ways to substitute plant-based meals into your diet. We'll also give your kitchen pantry a healthy overhaul
- Learn about plant-powered nutrition, where to get certain nutrients and how we can incorporate them into every meal

### **SESSION TWO: Stocking a Healthy Kitchen**

- If you're unfamiliar with healthy food stores, we'll see where you can get the best deals on healthy, plant-based products and produce (Whole Foods and Trader Joe's field trip)
- Learn when it's necessary to buy organic vs. conventional
- How to save money by making common food essentials at home
- Menu planning for the week-what to buy and how to make the most out of cost-effective ingredients

### **SESSION THREE: Revamping Old Favorites**

- Recreating family favorites-transitioning out of eating animal products can be tough, so we'll start by taking your favorite traditional meals and "veganizing" them. Pizza, nachos, spaghetti and meatballs, desserts...whatever you want to swap out, we'll replace with an equally healthy alternative!
- In this session we get to work, and prepare two or three plant-based dishes of your choice

### **SESSION FOUR: Optimum Health Goals**

- Know that you want to add more kale to your diet? Looking to go gluten-free? Want to make cauliflower taste good, but don't know where to start? In this session we'll prepare meals that meet your ultimate health goals.
- Prepare three to five delicious and healthy meals that help you meet all of your dietary needs



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## **SESSION FIVE: Stretching Your Dollar**

- If you're on a tight budget and want to really stretch your dollar, we'll learn which meals are the most cost effective and how to feed the whole family for less than \$10 a meal
- In this session we'll cook three to five, easy, weeknight meals that take little time to prepare and can feed everyone for the whole week, including great leftover dishes and freezer-friendly meals

## **SESSION SIX: Smoothies, Snacks & Desserts**

- Not eating the right breakfast and unhealthy sweets and snacking can be the downfall to a healthy diet. Here we'll make bulk breakfast and snacks items and make a variety of plant-powered, filling smoothies that are great for busy mornings
- A plant-based diet doesn't mean you have to cut out desserts! Learning to make delicious treats is easy and guilt-free and you'll learn how to make two or three of your own

## **PRICING/SCHEDULING**

Scheduling of initial session **MUST** be made at two weeks prior. If you choose multiple classes or the whole series, the remaining scheduling can be done during the initial conversation or the first session.

\*Evening scheduling after 6:30 PM or weekend sessions are ideal, but we can cater to your availability.

PRICING (does not include the cost of ingredients)

Single session of your choice (2 hours): \$90

Two sessions of your choice (4 hours): \$180

Three sessions of your choice (6 hours): \$270

Four sessions of your choice (8 hours): \$345 \*Discount deal!

Five sessions of your choice (10 hours): \$430 \*Discount deal!

The whole series (12 hours): \$510 \*Best deal!

The Vegan Pact  
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