Go Veg With Class
Class format: 1/3 Discussion/Sharing/Lecture
1/3 Multimedia presentations
1/3 Food Prep and Tasting

Class Progression:
Focus - impact of plant-based eating on everything from personal health to global health (climate change) using the filters of my E-meal system = Always ask if food choice is Excellent (taste & nutrition), Easy (food prep), Economical, Ethical, Earth Friendly, and Esselstyn Endorsed (Dr. Esselstyn, New York Times bestselling author of Prevent & Reverse Heart Disease, wrote the foreword for my book).

Resources: Go Veg With Class which includes luminaries and multimedia we will use in class