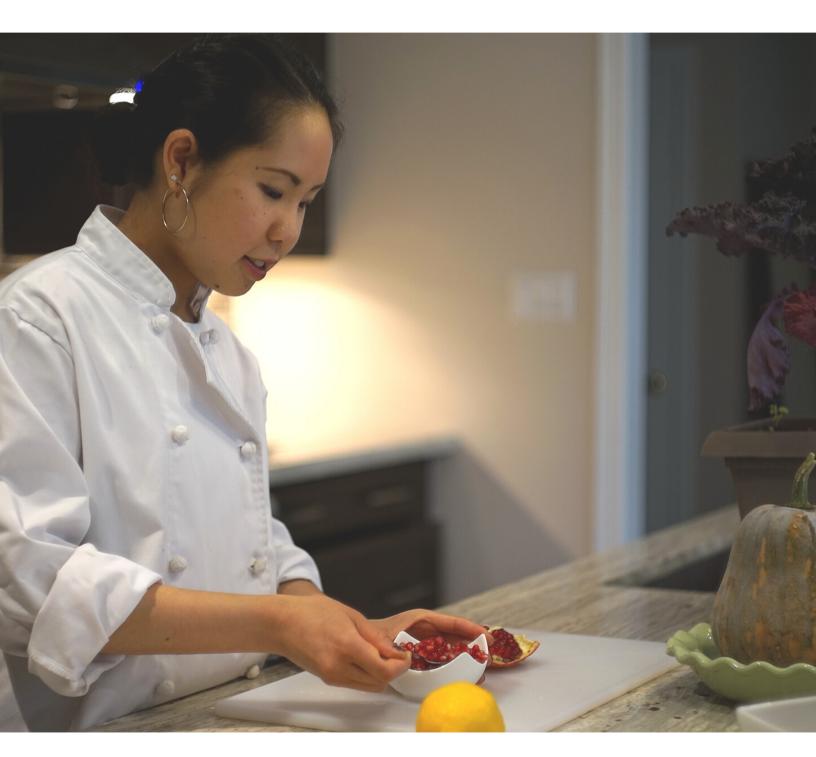
Cook and Learn

with Culinary Dietitian, Amanda Li



For more recipes visit: wsimplified.com

Welcome!

I am so excited for you to join me in this upcoming Cook and Learn!

My hope for you, is that you will leave this session feeling empowered and equipped with the confidence and skills to prepare delicious meals for yourself to nourish your body, mind and soul.

Feel free to gather all the ingredients and equipment so you can cook alongside me! Otherwise, sit back, relax and watch me prepare 3 mouth-watering wholesome meals!

Thanks again for entrusting me in helping you make healthy eating the easier choice! See you online on May 5th @ 7-8PM.

Until then, relish every bite!



Grocery Checklist

water

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Pantry	Perishables
olive oil	1 clove garlic
apple cider vinegar	☐ 1 orange
dried oregano	2 stalks celery
salt	1 small ripe avocado
pepper	2% vanilla Greek/Skyr
granola	yogurt
1 can navy beans, drained	mayonnaise / sour cream
and rinsed	pickles/relish
1x300ml jar roasted red peppers	dijon mustard
1 can flaked light tuna in	

Equipment Checklist







