

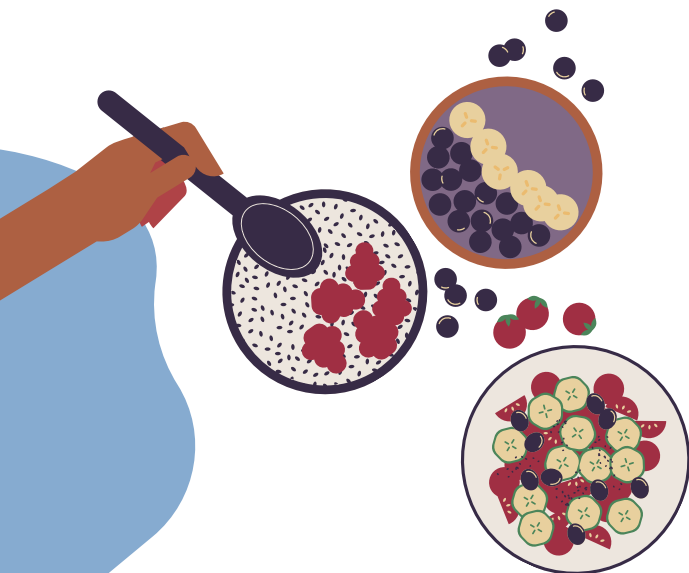
MEAL PREP MADE EASY: A Weekly Blueprint for Healthy Eating

Led by Wellness Journeys

In this cooking class, you'll learn simple weekly strategies to plan, shop, and prep healthy meals for breakfast, lunch, dinner, and snacks—without spending hours in the kitchen. Whether you're feeding yourself or a family, these time-saving tips will help you eat well all week long with less effort and more nutrients.

What you will learn:

- ★ A realistic system for weekly meal planning
- ★ Smart grocery shopping strategies to save time and money
- ★ Easy prep techniques to streamline your week
- ★ Balanced meal ideas for every part of your day
- ★ A live cooking demo of one featured, prep-friendly recipe



Register Here



August 5th



12-1:00pm



ZOOM

BOCC Employees: This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.