



QUICK & HEALTHY WEEKNIGHT MEALS

Led by Wellness Journeys

Busy nights don't have to mean takeout. In this practical, no-fuss class, you'll learn how to create quick, healthy meals using pantry staples, freezer basics, and ingredients you already have on hand.

What you will learn:

- Turn pantry and freezer staples into quick, nourishing meal
- Build simple soups and one-pot dishes with minimal prep
- Use breakfast foods as easy, satisfying dinner options
- Create balanced, no-cook "snack plate" meals

DATE & TIME

August 19th
6pm

PLACE

ZOOM

REGISTER NOW



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

