

## **RAW & LIVING FOODS WORKSHOP**

	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>10:00 AM</b>	Basics of Living Foods Lifestyle	Chew Chew Chew Lab	Menu Planning
	Growing Seedlings	Harvest Rejuvelac	Transitional Foods
	Growing Sprouts	Cabbage Sauerkraut	Supermarket
	Nuts & Seeds	Create Seed Cheese	Grocery List
	How to Eat your Greens	Kefir Smoothies	Create Lunch
	Tools of the Trade		
	Create Lunch	Create Lunch	LUNCH
<b>11:30 AM</b>	LUNCH	LUNCH	Muscle Releasing Class
<b>12:30 PM</b>	Muscle Releasing Class	Muscle Releasing Class	Your Supermarket
<b>01:30 PM</b>	Cultured Foods	Importance of Vitamins	What's Available
	Cultured Carrots	Enzymes	Best Store-bought Snacks
	Sauerkraut	Your Cells	Questions
	Rejuvelac	Detoxification	Planning
	Kefir	Juicing	
<b>03:00 PM</b>			