These are all the notes I have for this class. Based on all the info provided I could use your help with developing a class title and description.

Whole Foods Plant Based

Plant Forward

Class will be co-taught by Betsy Little and Amanda Latvala. Betsy has been eating WFPB for many years and is motivated to show curious individuals ways they can increase the amount of plants they eat to improve overall diet quality without feeling restricted.

Betsy is a long time Co-op owner

Goal is taking the mystery away from this way of eating – WFBP is a trending topic right now

* No wrong way to go about it
* Aim is progress not perfection
* Learn how to tweak everyday foods to increase plant consumption

Class is geared for those who have been told to eat more vegetables but can only think of salad and/or to the folks who know they should eat better but don’t know where to start

Culinary skills

* Cooking with less oil
* Dry sauté

Recipes are easy, any ability level can do. Accessible, this class will use familiar items like mayo and ketchup.

Recipes that we will make

* Vegetarian sloppy joes
* No tuna salad filling
* Energy balls

You won’t leave hungry!