



Plant-Strong

SATURDAY, JULY 2, 11-1PM
AT JAI HOUSE, MALIBU CYN
\$45 REGISTER @
SEED@JAISEED.COM
address and more details
provided upon registration



Jai Seed Vegan Cooking

JOIN VEGAN ARTIST CHEF, **JAI SEED** FOR A COOKING CLASS TO HELP YOU MAKE THE SWITCH TO A PLANT STRONG WAY OF LIVING. AS A MOTHER OF FOUR AND WIFE TO ULTRA VEGAN ATHLETE, **RICH ROLL**, **JAI SEED** SHARES HER PERSPECTIVE ON FOOD AS ART, KEEPING IT SIMPLE, THE WAY MOTHER NATURE INTENDED. SHE APPROACHES FOOD AS FUEL AND ENERGETIC FREQUENCY FOR THE BODY TEMPLE. COME COOK WITH HER AND LEARN HOW SHE PUTS TOGETHER OPTIMUM NUTRITION IN TASTY CREATIVE WAYS!



" I am here in support of each individual as they find their way to optimum health and increased awareness of food as fuel for our bodies. It's not just about calories, it's about frequency, food preparation and knowing the gifts we have been given from Mother Nature in the form of super foods. I am less interested in the title 'vegan' and more focused on eating plant based whole foods enhanced in natural organic ways. My techniques and recipes will be of service to all who need to eat and cook, whether they are vegan, vegetarian or meat eaters. Incorporating just some of my recipes will provide some of the extra wellness that we all need to be conscious of in our diets"-
JAI SEED