

LIVE COOKING CLASS
WITH
**REGISTERED
DIETITIAN
LIZZIE MCMANUS
STREIT (MMA'09)**

CREATOR OF
IT'S A VEG WORLD AFTER ALL
AND AUTHOR OF
*VEGETABLE COOKBOOK FOR
VEGETARIANS: 200 RECIPES FROM
ARTICHOKE TO ZUCCHINI*



**vegetable cookbook
for vegetarians**

200 Recipes from
*Artichokes to
Zucchini*



Lizzie Streit, MS, RDN, LD

**TUESDAY, MARCH 30, 2021
6 PM EST**

Lizzie will send out a grocery list in advance and walk you through how to cook a delicious dinner during the class! Plus, there will be a raffle for signed copies of her cookbook.