

soul kitchen: HEALTHY COOKING

TIME

THURSDAY

FRI-YAY

SATURDAY

SUNDAY

11.00AM

THYROID
KATHY ASHTON
FLOURISH
NUTRITIONAL MEDICINE

DISCOVER THE BENEFITS
OF FRUIT & VEGETABLE
BASED FOOD
CLARA VAN HOLST
ANIMO HOUSE

HOW TO NOURISH
YOURSELF WHEN
YOU HATE COOKING!
DESIREE TAYLOR
FREE YOURSELF HOLISTIC
HEALTH COACHING

REJUVENATE YOURSELF
WITH INTERMITTENT
FASTING & JUICING
SEAN BEVERIDGE &
PENELOPE JAYNE
GLOBAL RECHARGE

12.30PM

QUICK YUM & EASY GUT
HEALING ESSENTIALS
KRIS GOETZ
I QUIT DAIRY:
MYLK REVOLUTION

REJUVENATE YOURSELF
WITH INTERMITTENT
FASTING & JUICING
SEAN BEVERIDGE &
PENELOPE JAYNE
GLOBAL RECHARGE

DISCOVER THE BENEFITS
OF FRUIT & VEGETABLE
BASED FOOD
CLARA VAN HOLST
ANIMO HOUSE

THYROID
KATHY ASHTON
FLOURISH
NUTRITIONAL MEDICINE

2.00PM

FOOD IS MEDICINE,
MEDICINE IS FOOD
SEAN BEVERIDGE &
PENELOPE JAYNE
GLOBAL RECHARGE

HOW TO NOURISH
YOURSELF WHEN
YOU HATE COOKING!
DESIREE TAYLOR FREE
YOURSELF HOLISTIC
HEALTH COACHING

FOOD IS MEDICINE,
MEDICINE IS FOOD
SEAN BEVERIDGE &
PENELOPE JAYNE
GLOBAL RECHARGE

QUICK YUM & EASY GUT
HEALING ESSENTIALS
KRIS GOETZ
I QUIT DAIRY:
MYLK REVOLUTION

3.30PM

DISCOVER THE BENEFITS
OF FRUIT & VEGETABLE
BASED FOOD
CLARA VAN HOLST
ANIMO HOUSE

QUICK YUM & EASY GUT
HEALING ESSENTIALS
KRIS GOETZ
I QUIT DAIRY:
MYLK REVOLUTION

LIVER DETOX
KATHY ASHTON
FLOURISH
NUTRITIONAL MEDICINE

HOW TO NOURISH
YOURSELF WHEN
YOU HATE COOKING!
DESIREE TAYLOR
FREE YOURSELF HOLISTIC
HEALTH COACHING