

## VEGAN LESSONS

**CAN YOU COOK COMPLETELY VEGETARIAN AND STILL HAVE ABUNDANT TASTE & VARIETY?**

Absolutely - and we mean to prove it. People haven't been taught how to cook healthy and can have trouble following or finding tasty recipes. So we started this cooking school.



*Learn to cook delicious food*

### START NOW!

Students can start at any time and our materials are available by mail, so you don't have to go anywhere. Learn in the comfort of your own kitchen.

### HERE IS SOME OF THE BENEFITS:

1. Vegan cooking class via the mail.

Save money and time by not having to drive to school or search for a local class.

2. Monthly vegetarian cooking lessons.

You won't get overwhelmed with hundreds of pages of material all delivered at once.

3. Multi-technique learning.

There are different ways to learn; seeing, doing, reading, watching, we use them all to help you really understand the material.

4. Video training - see it all in action.

You will see a live teacher demonstrating

## COOK BETTER

your lesson via cooking videos each month.

5. Get all the recipes they need and more.

Not only will you get literally hundreds of vegan recipes, but you will learn how to make your own. This school will benefit both the novice and the experienced cook!

This is an informational resource only. This is not an accredited school, but we will do our best to answer any questions you may have or try to direct you to an appropriate source for answers, plus if you choose to send in the optional assignments you will get our Completion Certificate.

### THE 12 LESSONS IN 7 VOLUMES INCLUDE:

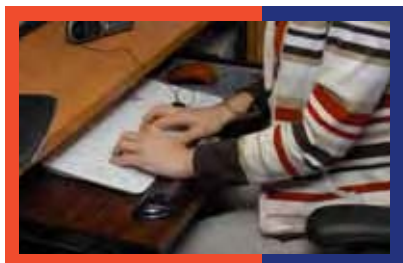
Lesson 1 - Getting Started - measuring, kitchen tips, and becoming vegetarian.

Lesson 2 - Ingredients - the most common and uncommon ingredients used in vegan cooking.

Lesson 3 - Cold Quick Breakfasts - making up recipes so your morning cooking will go quick.

Lesson 4 - Hot Breakfasts - the most important meal of the day.

Lesson 5 - Sack Lunches - ideas for the road.



*Your teacher is just a click away.*

## LEARN AT HOME

Lesson 6 - Hot Lunches & Main meals

Lesson 7 - Simple Suppers - eat light at night.

Lesson 8 - Holidays Part 1- how to make those special occasions taste great for your vegan friends!

Lesson 9 - Holidays Part 2 - more great holiday recipes. Includes BONUS: Vegan cake decorating with fondant.

Lesson 10 - Breads & Spreads - with gluten free recipes, bread machine recipes, and more. Includes BONUS: DVD from 3abn - "Easy Vegan Meal"

Lesson 11 - Soups & Crackers - vegan cream soups, stews, etc.

Lesson 12 - Healthy Desserts - Pies & Cobblers - make great suppers and breakfast too. We will explain why and how.

**So, get online or call us for your opportunity to get the V.V.C.S. materials delivered to your door each month for 7 months!**



*Instructor, Angela Poch*

# COOKING CLASSES FOR VEGETARIANS

[www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com)

# ABOUT US

## ABOUT THE DIRECTOR & SCHOOL:

Having graduated from Total Health School of Nutrition in Calgary, Alberta, Angela Poch is well versed in creating and adapted recipes. After publishing seven cookbooks, she did cooking shows on 3ABN an international TV network. This school was founded and developed by Angela Poch, N.C. in 2008.

This vegan vegetarian cooking school was developed to teach how to cook tasty vegetarian and vegan meals. We do not use any eggs, milk, or meat products in our recipes and we give alternatives for the occasional recipe with honey.

We are PURELY informational and hope you will use common sense and other materials to get a well rounded education. This is not a complete course in health, but you will get plenty of health information for vegetarians and vegans.



## PRICING:

Please call us or go online for current information. Lessons with DVD's are \$29.95 per month for 7 months, includes shipping within the USA and Canada. Contact us for international orders.

OR Save \$50 and get ALL 12 lessons on 7 volumes mailed to your door for only \$147.

OR do this course online for just \$74!



*Angela Poch, N.C*

## VEGAN VEGETARIAN COOKING SCHOOL

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## SEE US ONLINE

[www.VeganVegetarianCookingSchool.com](http://www.VeganVegetarianCookingSchool.com)

Use the following referral code when registering:



*Information subject to change.  
Revised December 2, 2010*

# LEARN HOW TO COOK HEALTHY VEGAN MEALS.

YES, WE CAN EVEN HELP THOSE WITH SPECIAL DIETARY NEEDS.



YOU WON'T EVEN HAVE TO LEAVE HOME TO GO TO THESE COOKING CLASSES!!!

Find out more inside

