

CHEF THOMAS LACEY PRESENTS
Meal Prep Classes



FOR 4 CONSECUTIVE WEEKS
CLASSES BEGIN TUES, AUG 22ND - SEPT 13TH
WEEKLY TUES & WEDS - 3:30PM - 6:30PM ICD TRAINING

WEEK 1 - KEEP IT SIMPLE
WEEK 2 HEALTH IS WEALTH
WEEK 3 - THE FLIP KING
WEEK 4 - LET'S GET CREATIVE

