



by Michelle Marshall  
michellemarshall.ca  
416-458-0956

# GLUTEN-FREE DAIRY-FREE COOKING CLASSES 2019-2020



**ANTI-  
INFLAMMATORY  
COOKING**

**OCT**

**MEAL PREP  
MADE EASY**



**NOV**

**DEC**

**FESTIVE  
GLUTEN-FREE  
BAKING**



**JAN**

**BEST HEALTHY  
BREAKFASTS**

**FEB**

**SEASONING  
FOR SUCCESS**



**FEB**

**DIGESTION-  
SUPPORTIVE  
COOKING**

**MAR**

**ALLERGY-  
FRIENDLY  
COOKING**

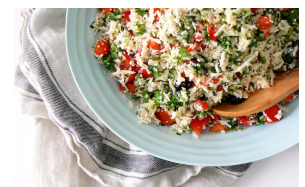


**APR**

**SMOOTHIE &  
ELIXIR MAGIC**

**MAY**

**AWESOME  
ENERGY  
FOODS**



**JUN**

**FAMILY  
FAVOURITES**

