

Demo & Dinner (D&D) with Barbara & Duane



3rd Saturday

5:30 – 7:30 pm

Boulder City NV

Food Demonstration

Substitutions Made Easy

Whole Food Plant-Based

Bonus: Full Dinner



Learn how to make
100% Nutritious & 100% Delicious
simple, fast, & healthy meals
Make your reservations now!

Refreshing Drink

Appetizer

Main Dish or 2

Side Dish

Dessert or 2

1st D&D in

Boulder City

January 20, 2018

Plus... How to "Veganize" your favorite
Standard American Meals

Plus... All the recipes

\$35 per person

RSVP early or by
Wednesday before to
Barbara J Mathison

435 632 3249

702 293 0289



VISA

MasterCard

Amex

Discover

www.nutritiousway.org
barbara@nutritiousway.info

RSVP & Cancellations: Space is limited, Reservations need to be made early. No-Shows will be charged unless an emergency. Cancellations other than emergency need to be made 24 hours before the dinner.