

WELCOME TO CELEBRITY NUTRITIONIST  
SHONALI SABHERWAL'S **VEGAN** SALAD WORKSHOP  
VIA INSTAGRAM LIVE IN A PRIVATE GROUP



**JUNE 17TH, 2023. 4 - 5.30 PM**  
**RECORDING SAVED FOR 1 WEEK POST**  
**WORKSHOP FOR THOSE UNABLE TO JOIN LIVE**



SHONALI

## WHAT YOU WILL GET

- 5 RECIPES FOR SALAD YOU CAN EAT ALL-YEAR -ROUND
  - 5 SALAD DRESSING RECIPES YOU CAN USE WITH OTHER SALADS
  - INFORMATION ON RAW VS COOKED SALADS (WHEN TO INCLUDE, IN WHAT HEALTH CONDITIONS)
  - WHAT INGREDIENTS ADD THE CREAMY TEXTURE TO THEM
  - HOW TO INCREASE GOOD FATS IN YOUR SALADS
  - SALAD COMBINATIONS TO MAXIMIZE HEALTH QUOTIENT)
  - INGREDIENT COMBINATIONS YOU CAN USE TO MAKE THEM DIFFERENT
  - WHICH CONDITIONS YOU CAN USE WHICH INGREDIENTS E.G., WHAT COULD HELP CLEAR ESTROGEN BUILD-UP & WHY?
  - SOURCING OF INGREDIENTS FOR DRESSINGS
  - HOW TO EXTEND VERSATILITY OF EACH SALAD?
  - HOW TO ADD PROBIOTICS IN YOUR SALAD
  - Q & A TO ANSWER QUESTIONS POST WORKSHOP
- **RECORDINGS WILL BE SAVED ON CHANNEL FOR A WEEK POST WORKSHOP**
  - **RECIPES PROVIDED AFTER WORKSHOP IN PDF FORMAT**

## THE 5 SALAD & 5 DRESSINGS BEING COVERED ARE

1. **KALE & RED CABBAGE WITH PUMPKIN SEED DRESSING**
2. **VEGAN CAESAR SALAD WITH VEGAN CAESAR DRESSING**
3. **HERB-BOOSTED CHICKPEA SALAD WITH HERBED LEMON DRESSING**
4. **RED GRAPE AND ARUGULA SALAD WITH SESAME SEED DRESSING**
5. **COLD EGGPLANT WITH TAHINI DRESSING (HAVE WITH WRAPS IDEAS SHARED)**



SHONALI

# REGISTRATION PROCESS

1. **Indian residents:** Pay through payment gateway on mind body gyan page on website under SHOP
2. **Foreign residents** please try payment gateway, if not successful pay directly to the bank (information below).

**Cost: Rs 3500/- + GST 630/- Total 4130/-  
OR \$50 (NO GST IF YOU REMIT FUNDS FROM  
OUTSIDE INDIA)**

## **PAYMENT DETAILS, IF YOUR PAYMENT DOES NOT GO THROUGH THE WEBSITE**

BANK: INDIAN OVERSEAS BANK

BRANCH: ISCKON, MUMBAI

SAVINGS ACCOUNT NO: 124501000010518

IFSC CODE: IOBA0001245

NAME ON ACCOUNT: SHONAALII SABHERWAL



SHONALI

# Shonali's Credentials

List of ailments, I have worked on: Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); fibromyalgia, cancer: rectum, colon, breast, lung, prostate, ovarian; cancer markers; skin issues (psoriasis, urticaria, skin glow, dark circles); thyroid; PCOD; depression (anxiety); OCD; hair fall; menopause; allergies; food intolerances; conditions associated with low immunity; weight loss/gain; diabetes.; autoimmune conditions.

Detailed list on [soulfoodshonali.com](http://soulfoodshonali.com)

Recipient of **Vogue 2020 'Best Nutritionist'**  
Times (of India) SheUnltd for Health food 2019

List of Bollywood Clients includes: Katrina Kaif, Zoya Akhtar, Siddarth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jaqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil to name a few.



SHONALI