

BotaniCuisine

JULY 2021



Aging Exquisitely with Victoria Moran

July 2, Friday

7–8:30 pm ET / 4–5:30 pm PT



Victoria is the founder of **Main Street Vegan Academy** and the **Vegan Lifestyle Coach Educator** certification. Voted “*Sexiest Vegan Over 50*” by PETA in

2016, she is a certified holistic health counselor, and outstanding inspirational speaker who’s been on Oprah’s show twice.

Victoria is the ambitious author of 13 books (so far), podcast presenter, and producer of **A Prayer for Compassion**, an internationally-acclaimed documentary that “calls on people of faith and spiritual seekers of every stripe to come together.”

Register for July 2 (\$3)

Climate Healers: Transform Yourself, Transform Your World

with Sailesh Rao, PhD

July 16, Friday

8–9:30 pm ET

5–6:30 pm PT

Dr. Rao is the founder of **Climate Healers**, an

organization dedicated to education, transformation, and global unity. He has produced numerous documentaries, and has given speeches across the globe.

Register for July 16 (\$3)

www.PlantPoweredMeetups.com

Matthew Kenny Cuisine

Finally in Baltimore!

Matthew is a globally-acclaimed chef, author, speaker, educator, and a leading innovator in plant-based hospitality.

Double Zero

Pizza from a custom-built, wood-burning oven, small plates, and organic sustainable wines.

Reservations (not required)

Liora

An eclectic, fresh variety of foods found throughout Matthew’s culinary establishments.

Reservations (not required)

Both located at the Inner Harbor:

414 Light St., Baltimore, 21202

Parking: 414 Light St. or 401 S. Charles



Controversy Corner

The Great Protein Fiasco

By Dr. Michael Greger,
NutritionFacts.org

Watch Here

This 5-minute video addresses:

- Can we become protein deficient?
- What about food combining for complete proteins?
- What’s the *perfect* protein for humans?
- How much do we need every day?
- Can we get too much?

All sources are cited. Research articles can be downloaded.

Video transcripts accompany all Nutrition Facts videos.

Baltimore Dining Guide

Check out this **dining guide**.

Each place has a plant-based rating:
1 (a few options)
2 (many options)
3 (all vegan)

The guide is updated regularly. Please send any new places you find to: info@BotaniCuisine.com

www.botanicuisine.com/baltimore-city-dining-guide.html



Delicious, entirely plant-sourced foods prepared by Nancy Poznak, licensed chef, in a professional kitchen.

- Harvest Quiche (*cheesy, eggy, delicious*)
- Hearts of Palm Cakes (*like crab cakes*)
- Empanadas

More foods added soon.

At These Markets

With free literature, conversations, and smiles.

Rotunda

Tuesdays, 11 – 2

711 W. 40th St, Baltimore 21211
Free parking, four hours.

Druid Hill

Wednesdays, 3:30 – 7:30

3100 Swann Dr., Baltimore 21217

B&O Railroad Museum

2nd & 4th Thursdays, 4–7 pm

901 W. Pratt St., Baltimore 21223

Fells Point

1st & 3rd Saturdays, 8 am – 12:30 pm

800 S. Broadway, Baltimore 21231

BotaniCuisine.com • info@BotaniCuisine.com

443-384-7890 • Baltimore, MD