

# ROOKIE OR ROCK STAR? THE FIVE STEPS TO PLANT-BASED NUTRITION

A PRESENTATION BY

## LANI MUELARTH

Discover how to advance through each of five universal stages of transition to successfully living plant-based, take the guess work out of the process, and find out what makes the difference for sustainable success. Lani Muelrath is experienced in coaching thousands of people on their shift to plant-based living, with decades of personal practice - including a 50-pound weight loss that she has sustained for almost twenty years. Whether you are well on your way, plant-curious and simply want to eat more whole plant foods, or looking for resources for helping others on their journey- this session will enlighten and inform.



LECTURE DATES:

**TUESDAY, AUGUST 9, 2016, 7 P.M.**  
**ALA WAI GOLF COURSE CLUBHOUSE**

404 KAPAHULU AVE., HONOLULU  
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -  
ACROSS FROM THE CHEVRON STATION)

**MAUI: THURSDAY, AUGUST 11, 7 P.M.**  
CAMERON CENTER, 95 MAHALANI STREET, WAILUKU

**6-8 P.M., WEDNESDAY, AUGUST 10**  
**YOU'RE INVITED TO ENJOY**

**A VEGAN DINE-OUT WITH LANI MUELARTH**  
**ETHIOPIAN LOVE RESTAURANT**  
1112 SMITH ST., HONOLULU

PARK ON STREET OR IN NEARBY PAY PARKING LOTS.

LARGE VEGGIE PLATTER WITH 6 DELICIOUSLY SPICED DISHES OVER  
INJERA FLAT BREAD (BROWN RICE UPON REQUEST)

1. MESIR WAT (SPICED RED LENTILS)
2. KIK ALICHA WAT (YELLOW SPLIT PEA STEW)
3. TIKIL GOMEN (BRAISED CABBAGE)
4. AZEFA (BROWN LENTIL SALAD)
5. DINICH WAT (POTATO & CARROT DISH)
6. SURPRISE ETHIOPIAN DISH

\$23 (INCLUDES TAX AND TIP) — PLEASE PAY BEFORE BEING SEATED.  
CALL (808) 725-7197 (QUESTIONS AND REQUESTS FOR BROWN RICE)  
RESERVATIONS NOT REQUIRED

NOTE: ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH.

Lani Muelrath, MA, is an award-winning teacher, author, TV host, and top plant-based vegan lifestyle coach. A Certified Specialist in Behavior Change, Plant-Based Nutrition, and Mindfulness Meditation Instruction, Lani has been featured on CBS TV, ABC TV, Prevention, USA Today, Huffington Post, and The Saturday Evening Post. A presenter for the Physician's Committee for Responsible Medicine, Complete Health Improvement Program, and guest lecturer at San Francisco State University, Lani is Associate Faculty at Butte College where her book has been adopted as a required text. She is the author of the doctor and dietitian recommended *The Plant-Based Journey: A Step-by-Step Guide to Transition to a Healthy Lifestyle and Achieving Your Ideal Weight*, recognized by VegNews as Top Media Pick for 2015, and *Fit Quickies: 5-Minute, Targeted Body-Shaping Workouts*.



**Vegetarian Society of Hawaii**

**Join us!**

For more info call (808) 944-VEGI (8344) or visit [VSH.org](http://VSH.org).

**FREE Admission  
& Refreshments**

OAHU & MAUI LECTURE REFRESHMENTS COURTESY OF DOWN TO EARTH ORGANIC AND NATURAL