

## Green and Gorjus FAQs

### 7-Day Raw Vegan Challenge:

1. **How much weight can I expect to lose?** On average, my clients have released between 3-10 pounds in 7 days. Please keep in mind, everyone is starting at a different point so everyone will release weight at different rates.
2. **Do the videos include recipes?** Yes, they sure do! And so do the daily emails.
3. **Are there any incentives for referrals?** Yes! When you and two friends sign up within 12 hours of each other, you will receive your 7-Day Raw Vegan Challenge for half off!

### Din-Din with Green&Gorjus:

1. **Is it a set menu or are there different menu options?** Our delicious 5-course menu varies based on the season and produce availability. We use locally sourced, organic, non-GMO produce.
2. **What if I have allergies?** In an effort to honor food allergies/intolerances, additional information will be obtained closer to the start of the event and menu adjustments will be made.
3. **Where is this located?** Location details will be provided the day prior to the event. Don't worry, we always dine in the most beautiful spaces and we will be in the Greater Houston area
4. **Is there a minimum or maximum number of guests?** Let's be honest---it's not really a party unless there are at least 10 people there. That said, we like to keep things small and intimate so we will only have room for 15 guests, max!

### **Hands-On Learning Experience:**

1. **Is there a travel fee if you come to my home?** You are welcome to host an experience for 4 or more people at your home, for no additional fee.
2. **What zip codes are you serving?** Location details will be provided the day prior to the event. Don't worry, we are always in the most beautiful spaces and we will be in the Greater Houston area.
3. **Is there a minimum or maximum number of guests?** The minimum class size is 4. We cap the class at 10 people to ensure ample hands-on opportunities.

### **5- Day Raw Food Retreat:**

1. **Where is the location?** 2019 retreats will be located in Galveston, TX. Stay tuned for 2020 destinations (hint hint... think tropical islands).

### **3- Day Home Transformation:**

1. **Must all 3 days be consecutive?** No, if within the Greater Houston area.