

- 4-6 non-alcoholic beers, chilled; Corona Sunbrew, Partake Pale Ale, or Asahi 0%
- Electric kettle and room-temperature bottled water w/ 1 coffee or tea mug
- 1 fresh lemon cut into wedges, or knife and cutting board provided
- Fresh veggies with hummus no broccoli or cauliflower; no red pepper hummus please :)
- 1-2 Cosmic Crisp apples gala or pink lady if not available
- Turkey pepperoni or beef jerky
- Unseasoned, unsalted, raw walnut halves or pieces
- Napkins or paper towel
- Full-length mirror or access to one
- 1 clean hand towel for stage

Allergies & Preferences:

- eggplant (allergy)
- no dairy