



Length: 1-3.5hrs

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Knowing how to cook healthy, delicious meals is a skill for life. It holds multiple benefits for health and finances (saving you tons of cash splurged on takeouts). You become conscious of how much salt/sugar your food contains, and it nurtures an appreciation for spices, vegetables and other natural ingredients.

Tasting experiences, appetizers, tips sheets, recipe cards, and hands-on cooking make up the structure of the session.

Some of our healthy cooking demonstrations include:

- Meal Prepping
- Basic Cooking Skills: 101
- Healthy & Filling Packed Lunch
- Healthy Family Meals
- Healthy SnacksB
- reakfast On The Run
- Raw Food Workshops
- Delicious Vegetarian Meals
- How to make gluten free pasta

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.