



Healthy Cooking Sessions

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.

Some of our healthy cooking demonstrations include:

- Breakfast On The Run
- Epic Salads Session
- Herbal Tea Blending Workshop
- Meal Prepping
- Basic Cooking Skills: 101
- Immune-Friendly Recipes
- Healthy & Filling Packed Lunches
- Healthy Family Meals
- Healthy Desk Snacks
- Raw Food Workshops
- Vegetarian / Plant-Based Meals
- How To Make Gluten-Free Pasta
- Bread Making Workshop
- Healthy Chocolate Making Class

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.