

Meal Preparation

Online Cooking Course



local. loving. lecker.



Aim of the course

We show how meal preparation can bring you ease and relaxation in everyday life.

Our menu

- Oven vegetables
- Dhal with couscous
- Red pesto
- Green salad in a honey-mustard-dress
- Fruity ice cream



Course highlights

We will guide you through a variety of traditional and modern recipes that can form the base of a weekly menu. Showing the concepts behind recipes enables you to adapt the recipes according to your taste and the season.

Scientific fundament

The contents of our cooking courses are coordinated with our nutritionist, Ulrike Weyer, and based on the „[Planetary Health Diet](#)“ published by the EAT-Lancet Commission.

Documents

- Welcome document with list of ingredients and kitchen appliances in advance
- Step by step recipe and course content afterwards

Digital advantages

- Connection despite distance
- Your own kitchen + your own tools = maximum results

90 minutes
395€ net
for a group*

* 15 guests = cooking course
> 15 guests = cooking show



We are looking forward to hearing from you and answering open questions and customization requests.

Kind regards,
Claudia Friedrich and Marion Clerc


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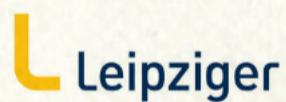
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