

# Well served with little time

Cooking courses as part of your corporate health management



local. loving. lecker.





## Aim of the course

We show how well serving can be integrated into everyday life with little time.

## Our kickoff menu

- Shakshuka with couscous
- Fresh salad in a honey-mustard-dress
- Yoghurt with honey and fruits

## Course highlights

- Pleasure food: regional and seasonal
- Concept vs. recipe approach
- Routines, meal prep, pantry



## 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

## Wish to learn more after the kickoff?

Let's go deeper and start a Heroes Kitchen program in your company.

**90 minutes**  
**395€ net**  
**for a group\***

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





# Heroes Kitchen

How to become an intuitive home chef

## Pantry

Pesto, chilisauce  
and applesauce

## Soups

Colourful Dhal  
with fladbreads

## Breakfast

Muesli and  
Crêpes

## Sunday

Meat stew with  
red cabbage

## Veggie Pan

Peanut chickpeas  
with rice

## Salads

Lentil salad with  
grilled vegetables

## Bread

Grilled Cheese and  
Sandwiches

## Grow & Wild

Herbs, sprouts,  
fruits and mushrooms

## „Life medium“

Market and  
oil challenge

## Snacks

Energy balls, cookies  
and roasted chickpeas

## Sours

Sauerkraut and  
Pickles

## Monthly or quarterly cooking courses in co-creation

We take your **personal barriers** and your **individual taste** into account.  
You choose the topics and the order.

## Sustainable and comfort fusion food

- Inspired by **international** recipes
- Interpreted with **local** ingredients

## Concepts and recipes

In each course we teach the concept behind the recipe.  
That **empowers** you to become an intuitive home chef.

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

Kind regards,  
Claudia Friedrich and Marion Clerc


*heldenküche*

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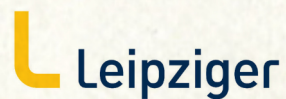
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