

# 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.

**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

*heldenküche*

[www.heldenkueche.net](http://www.heldenkueche.net)

[kontakt@heldenkueche.net](mailto:kontakt@heldenkueche.net)

Nockebyvägen 27

16771 Bromma/Stockholm

 @heldenkueche



## Satisfied customers:

 Leipziger

Leipzig Group:  
municipal utilities

  
HEIDELBERG  
INSTITUTE OF  
GLOBAL HEALTH

SPORTIVATION  
FÜR VITALE UNTERNEHMEN



UNIVERSITÄT  
LEIPZIG



Hochschule für Angewandte  
Wissenschaften Hamburg  
Hamburg University of Applied Sciences



European Energy  
Exchange AG

WCGE   
Wittenberg Center  
for Global Ethics

  
*Heldenküche*