



# Cooking Demo Classes

## WORKPLACE WELLNESS PROGRAMS



**You've heard the many benefits of cooking at home:** better health, a slimmer waistline, saving money and the list goes on. However, we can all use tips and tricks to save time and simplify getting dinner on the table. Join us to gain healthy (and delicious!) culinary inspiration to get you in the kitchen and in charge of your health.

Each 1-hour virtual cooking demo with Chef Marianne Juraryj features real food recipes, nutrition information and food prep tips. Classes highlight a couple recipes, but walk away with cooking skills that translate to whatever you're cooking in the kitchen. A moderator relays questions asked in the chat and participants receive handouts with a shopping list, recipes, and other bonus cooking tips. Class requests for cooking topics are welcome!

***Start with one class or choose a few and be sure to ask about our series discount!***

### **Batch Cooking for Simple Weeknight Dinners**

We've all heard the dreaded question "What's for dinner?" Well, we are here to help you with healthy inspiration and useful kitchen tricks that will make meal prep easy, so you can have dinner on the table in no time! We will cover food storage and planning, items to have on hand, and demonstrate some simple techniques and recipes you can use for an easy week of meals.

### **Cooking Brain Healthy Foods for Children and Adults**

"Food for Thought!" is an expression we've all heard, but we often forget how food has an impact on our minds! Join us as we dive into the kitchen to explore some tasty dishes that nourish our brains for better memory, processing, and learning, regardless of age. This class will include foods rich in antioxidants, omega-3 fatty acids and anti-inflammatory compounds that will feed our brain and keep us sharp from childhood to our senior years.



**Nutritional  
Weight & Wellness**

## **Cooking for Better Digestion**

Your gut does so much more than just digest your food; it effects your mood, your immune system, and quality of life (especially if you're experiencing gas, bloating, constipation, diarrhea)! Join us for this virtual demonstration cooking class to learn about some of the medicinal foods available in your own kitchen that will feed your "inner garden" and support your digestive system. We will cover ways to use healing ginger, bone broth, pre-biotics/fiber and fermented foods, like sauerkraut. All recipes are gluten and dairy-free with suggestions for other food sensitivities.

## **NEW! Cooking For One**

This is a topic we get asked about all the time in our classes! "I'm only cooking for myself. How do I cook for just me?" We're going to tackle this topic to give you inspiration rather than overwhelm when it comes to getting into your kitchen for homecooked meals. In this class, we'll go into the fridge, pantry, and freezer to show you how to throw together some dishes that are nourishing, simple, and easy for those who are cooking for one.

## **Cooking in Autumn: Seasonal Foods for Delicious Dinners**

Although things are cooling off outside, it is a good time to heat things up in the kitchen. Chef Marianne will demonstrate how to prepare fall foods available from your CSA, farmers market, or local grocery store. Learn tips and tricks to try at home and receive delicious, nutritious recipes to share with family and friends.

*"Health begins in the kitchen and when we take control of the ingredients on our plate, we heal our mind, body and soul. I understand that everyone is somewhere on this culinary journey and it is my pleasure to teach the principles that will help them to be successful, whatever their skill level. Preparing food is a deeply human experience and, when we do it together, we create a supportive community that helps us thrive."*  
- Chef Marianne Jurayj

## **Cooking Heart-Healthy Meals**

Your heart is the hardest working muscle in your body & we know that heart disease can be prevented with real food, so let's take control by cooking up some delicious, heart-healthy meals and snacks. We will discuss foods that can help with cholesterol, blood pressure and vascular health, like the good fats in salmon, healthy compounds in garlic and polyphenol-rich fruits and veggies that give our heart the fuel it needs to keep us moving.

## **Delicious Nutritious Soups**

Not only are soups a one-pot meal (delish with less dishes!), but they are one of the most nutritious ways to eat! The rich broth with a balance of protein, healthy fat and carbs, holds the nutrients that are soothing, nourishing, and easy to digest. Soups can easily be made in large batches and eaten for any meal or snack of the day. They freeze nicely, are a great way to use leftovers, and can include many pantry staples you already have on hand. In this demonstration cooking class, we'll cover some gluten and dairy-free recipes, with different flavor profiles for easy, never boring, comforting meals.



## **Easy Weekday Lunches**

Start your week off right with easy, balanced lunch ideas to set you up for success. Reinvent the brown bag lunch with delicious and nutrient dense midday meals that are ready when you are: for work, school or your home office. This virtual demonstration class will help with shopping, preparation, and storage to keep you on track during your busy week.

## **NEW! Global Flavors: Spices & Sauces**

Learn the simple steps to spice up your meals! Don't let your spice cabinet intimidate you! In this class, Chef Marianne will walk you through how to buy, store, and use spices and herbs to make your healthy food delicious and exciting. She'll show you how to make your own spice mixtures as well as what to look for when buying premade mixes. You'll walk away with recipes to try and a flavor profiles handout using different cultural cuisines, so you know what pairs well together as you experiment in the kitchen.

## **NEW! Healthy Bowls**

You've probably heard of "protein bowls" or "power bowls" as the new dish to get on the go. In this class, we'll break down what components to put in the bowl to meet all your nutrition needs while satisfying your taste buds. Walk away with examples on how to make a bowl for breakfast, lunch, dinner, and maybe even a snack!

## **Healthy Burgers & Tacos**

Is it possible to follow a healthy eating plan and still eat burgers and tacos? Yes! And we can show you how. In this class, we will explain how these dishes have gotten a bad reputation when it comes to our health goals and how we can make these favorites into healthy, balanced meals that the whole family will love. You'll walk away from this class with many ideas on variations of what meats you could use, flavors to incorporate, and toppings to add to make these go-to classics delish, exciting, AND healthy. Class will demo two easy patty recipes and two taco combos.

## **Instant Pot Basics**

Why eat fast food when you can make real food fast? Our chef shares what the Instant Pot does best and how it can help you get dinner on the table in a flash! In this demonstration cooking class, we will explore the features of an Instant Pot® and how it can be just the right tool to making nutrient-dense and flavorful meals easy.. Walk away with recipes for real food that you and your family will love.

## **Kitchen Tips for Your Farmer's Market Vegetables**

Getting enough vegetables into our day can be challenging, so we created a class to help you fill in the menu. We'll cover a few basics about farmer's market and CSA fresh produce and we will demonstrate how to prepare [and use up] delicious and fiber-rich sides to go with your chicken, fish, beef or pork. We'll teach you how to bring out the best in your vegetables no matter where you get them (local grocery store and your backyard garden included!) and how to use them in salads, roasted, or on the grill.

## **REVISED RECIPES! Making Comfort Food Healthy**

We all love comfort food, but it can have a bad reputation for being an unhealthy option. Join us for this virtual cooking demonstration to learn tips and tricks for creating healthy versions of your favorites that are still delicious and comforting. You'll be inspired with new dishes, combining the coziness of comfort food while still getting critical nutrients needed for your health.



### **Meat: Roast, Braise, & Sauté**

Good, quality protein is an important part of a balanced meal, but it can often be the most challenging. In this demonstration cooking class, we'll cover different cuts of meat, what to look for when buying, and what to do with it once you are in your kitchen. Using your slow cooker/Instant Pot, oven and sauté pan (including cast iron), we will answer all your "what should I do with this?" questions! You'll walk away with delicious recipes that diversify your go-to proteins and inspire you to incorporate them into all your meals and snacks.

### **Salads for Balanced Meals**

Salads and leafy greens are not just rabbit food! They can be hearty dishes full of texture and flavor to keep you satisfied for hours. In this virtual demonstration cooking class, Chef Marianne will give you tips on greens: what to look for when buying, different combinations for variety to add to your repertoire, how to wash, and how to store. We'll cover ideas on how to make your salads balanced with a mix of different protein options, other fiber-full veggies, fun toppings to mix up the flavors and some basic salad dressings that are healthy ways to pull the salad together.

### **Sheet Pan Dinners & One-Pot Meals**

The worst part of cooking is all the dishes you're left with after, right? After a long, busy day, cooking a complicated dish is not ideal. In this demonstration cooking class, we make cooking simple so you're not spending all your time in the kitchen. Learn tips and tricks to make the dinner routine easy, delicious, and healthy using tools you already have in your kitchen and foods you already like to eat.

### **Slow Cooker Savvy: Easy, Nourishing Meals**

Hectic schedules can often side-track our healthy eating! Learn to save time and master your slow cooker. We'll show you how to prep meals for busy weeknight dinners. We will also share easy recipes and tips on how to store and use up all those leftovers to have healthy, nourishing meals ready any time.

### **Start a Breakfast Habit with Real Food**

Ditch the cereal and toast and start your day with the true breakfast of champions: real food! One of our favorite ways to kick off healthy eating habits and a boosted metabolism is to eat a balanced breakfast. In this virtual demonstration cooking class, we'll teach you what balanced looks like (hint: protein, fat, carb!), give you lots of breakfast options to choose from that will add variety as well as ease to your morning routine, and provide tips of how to start a new breakfast eating habit if it's not really your thing.

### **Vegetables: Raw, Roast, Steam and Sauté**

Part of the core philosophy at Nutritional Weight & Wellness is to get a healthy dose of vegetables as your carbohydrates. Veggies give you lots of vitamins, minerals, fiber, and a range of other health benefits. But how do you add more to your plate? How do you prep them to be delicious? What if you just don't like vegetables very much?? Chef Marianne's got you! In this virtual demonstration cooking class, you'll learn ways to eat the rainbow by choosing and preparing colorful veggies in a variety of ways to discover your favorites and enhance your go-to options.



#### **About Our Chef!**

Marianne Jurayj is the founder and chef behind The Cook's Cure, a cooking and teaching service, and partners with Nutritional Weight & Wellness on classes, recipe development and customer service. Marianne is so passionate about cooking for health, that after 25 years in restaurant kitchens and with an award-winning catering company, she changed course and began to share her passion for nutrient-dense foods through private cooking and coaching clients. Marianne is certified in Food Management/Safety and Nutrigenomics.



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