

DELICIOUS, FUN, EASY COOKING CLASSES ©

*with Pam Vagnieres, MS, MNT, CSCS, Creative Cook, Nutritionist, Exercise Physiologist
We'll make two recipes in each class.*

Classes are \$45 per person (2 or more) plus \$10 per person food fee (Make it and take it!)

Stir Fry Meals for the Week: Teriyaki Stir Fry, Lemon Basil Stir Fry and much more.
One pan meals in 20 minutes.

Group Class or Date Night: Main Course and a Decadent Dessert or Amazing Appetizer

Mediterranean Cuisine: Chunky Artichoke Chickpea Salad, Greek Lemon Chicken Soup, Easy Mediterranean Feast in One Pan, Eggplant Dip or Tzatziki Dip

Asian Cuisine: Red Curry Shrimp, Korean Steak Bulgogi or Panang Chicken and Veggies

Indian Cuisine: Saag Paneer, Chicken Tikka Masala, Chickpea Curry Soup or Cucumber Salad

Slaws, Marinated Veggies and Chopped Salads for the Week: Lemon Ginger or Asian Slaw, Marinated Chopped Salads, Italian Marinade and Smoky Spice Marinade

Fast and Easy Breakfasts: Make ahead Mexican Chilequillas, Breakfast Quiche, high protein Granola/Muesli, OR 3-Way Oats (3 different breakfasts for 3 days in 5 minutes)

Amazing Appetizers and Snacks: Baked Brie, Basily Roasted Pepper Hummus

Homemade Protein Bars: So much better than store bought bars, flavors are endless

Decadent Desserts: Chocolate Mousse, Bavarian Cream, Raspberry Fool, Macadamia Dark Chocolate Truffles, Caramel Apple Sundae

Presto Pestos: Traditional Basil Pesto, Cilantro Pesto, Thai Lime Pesto, Tarragon Pesto

Super Sauces: Aioli, BBQ, Salsa's, Creamy Sauces, Caramel sauce, make flavors explode

Comfort Soup: Greek Lemon Chicken, Spicy Black Bean Pumpkin Soup, Coconut Curry Soup, Strawberry Rhubarb Dessert Soup

5-Minute Bean Dishes with a Flair: Mediterranean, Italian, Greek, Mexican, Indian, Southern and Olive Bar Beans

Gut Healing Goodies: Yummy Tummy Pudding and Berry "Jello". Desserts that soothe the tummy. They are healthy and sugar free, but decadent and delicious.

Protein for the Week: Spice Rubbed Chicken or Salmon, Homemade "Buffalo Helper" (Vegetarian Options Also Available)

Smoothie Bowls: A refreshing new way to start the day. Pumpkin, Kiwi, or Creamsicle.

Detox Class: Delicious recipes and menu plans on how to safely cleanse the body

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Creamy Mashed Veggies: Sweet Potato Medley Puree, Broccoli Pesto Mash

Super Stews: French Tomato Ratatouille or Coconut Creamy Thai Veggies

Creative Cauliflower: Cous Cous, Fried Rice, Pizza Crust, or Mashed-All from Cauliflower

Leafy Greens: You won't believe how good! BBQ Kale Chips, Orange Cumin or Creamy Lemon Kale Salad

RECIPES 3 WAYS:

Take one basic recipe, and turn it into 3 different delicious recipes so you never get bored with the same old thing. Save time in the kitchen, and have variety in your meals. We will make 2 varieties in each class, you will get recipes for all three!

Meatballs 3 Ways: Traditional Marinara, BBQ, Buffalo Wing Spicy

Lasagna 3 Ways: Traditional, Southwestern, Creamy Bechamel

Grains 3 Ways: Creamy Hot Breakfast Porridge, Grain Salad (like Tabouli), Nutty Pilaf

Risotto 3 Ways: Delicious, gourmet creamy rice: Mushroom, Butternut Sage, Chocolate

Falafel Balls 3 Ways: Traditional Mediterranean, Pumpkin, Peanut Butter, served with delicious sauces

Wraps 3 Ways: Thai Spring Rolls, My Famous Lettuce Wraps, Calzones

Go Nutz 3 Ways: Cinnamon Pecans, Curried Cashews, Smoked Almonds

Protein Balls 3 Ways: Peanut Butter, Almond Cocoa, Apricot, Superfood Truffles

Breakfast Oats 3 Ways: Creamy Hot Cereal, Crunchy Nutty Yogurt, Oat Pancakes

Chiliquilla's 3 Ways: Mexican, Italian, Mediterranean

Quiche 3 Ways: Traditional Quiche Lorraine, Savory Pumpkin, Salmon and Artichoke

Cloud Eggs 3 Ways: 3 puffy clouds: Bacon/Chive, Goat Cheese/Spinach, Chili/Cheddar

Wrapped/Stuffed Dates 3 Ways: Bacon Wrapped, Chocolate Stuffed, Nut Butter Stuffed

Casseroles 3 Ways: Creamy Rice, Spicy Pasta, Marinara Polenta

Soup 3 Ways: One soup turned into 3, Veggie, Cream of Mushroom, Tomato

Potatoes 3 Ways: Herbed Potato Salad, Creamy Mashed with a Twist, Au Gratin

Bavarian Cream 3 Ways: Orange Coconut, Vanilla Raspberry, Blueberry Fool (quick one!)