



Meals Made For You

Cooking Classes **Learn, Eat, Have Fun!**

Homemade Fresh Cooking Classes are perfect for an evening with friends. You host the event and provide the friends, and Homemade Fresh provides the food, fun and education.

Learn to cook nutritious and delicious meals! You choose the theme based on what you and your friends like to eat:

Guilt-Free Comfort Food

Seasonal Supper

Slimmed Down Southern

Party Foods

Lotsa Pasta

Let's Wok

Gluten-Free Goodness

Just Veggin' Vegetarian

Taste of Mexico

Heart-Healthy Mediterranean

Spice Up Your Life

Low Carb, Big Flavor

For more information, call
704.724.0485

www.homemadefresh.net