

### Private Cooking Lesson

We are your whole foods personal chef and catering professionals, and proud to serve Greater Victoria and Southern Vancouver Island residents and visitors with 'Private Cooking Lesson' services, too. Enjoy the benefits of having Chef Laura on hand to provide a high level of interpersonal instruction and cooking pointers while you (and a friend) prepare a delicious, nutritious Private Cooking Lesson menu in the comfort of your own home.

**Step 1** When you are ready to learn some new, delicious & nutritious recipes, call us for a free 15 minute consultation. Together we will create your menu and an event plan that takes care of any special instructions you may have to best ensure your expectations are fulfilled.

**Step 2** A quote is sent that includes menu, date and time and costs, based on the following pricing guidelines: \*groceries are approximate costs, and subject to market pricing.

Service	Costs
Private Cooking Lesson: student(s) selects custom menu, chef creates grocery list to make four portions of 3 recipes per each two hour lesson.	\$179 for one person, \$199 for two persons, plus GST and grocery costs. \$25 extra (plus GST) for each additional student All fees plus GST and performance-based gratuity. Travel fees will apply to events hosted outside Central Victoria area, based on travel time
Grocery costs based on menu	Grocery costs vary based on menu selected: starts at 75-80 to make four servings of three recipes, plus incremental increase with each guest added.
Wine Pairing, optional	\$19.95 per bottle selection + GST, plus retail cost of wine purchased

**Step 3** Menu and quote is confirmed via email, deposit is secured and your Private Lesson is booked! **Step 4** We meet up at your home on day of lesson, to teach you (and your friend) how to make some new whole foods culinary delights.

Together, we will co-create a Private Lesson plan that works for you. To view previous clients feedback and menus online, please visit our website at [www.gfyg.ca](http://www.gfyg.ca), on the catering page, or visit our Facebook page, at <https://www.facebook.com/GoodForYouGourmet>



Committed to the success of your event,  
Chef Laura Moore, Owner, Head Chef & Caterer  
Call or Text: 250.514.1544, iPhone, [www.gfyg.ca](http://www.gfyg.ca)