

the
Good for you Gourmet
whole foods personal chef & caterer

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 perhaps a few friends or co-workers) prepare a delicious, nutritious Private Cooking Lesson menu in the comfort of your own home or business.

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 dietary preferences you may have, to best ensure your Private Lesson 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 4 or more portions of 2-3 recipes per each 2-2.5 hour lesson; 3-4 recipes for 3.5-4 hour lesson	For 2-3 recipes in a 2-2.5 hour less: \$199 for one person, \$229 for two persons, plus GST and grocery costs. For 3-4 recipes in a 3.5-4 hour lesson: \$259 for one person, \$279 for two persons, plus GST and grocery costs.
Grocery costs subject to complexity of menu selected, number of servings, and market pricing	\$30 extra (plus GST) for each additional student up to eight. For group sizes larger than 8, a prep assistant may be necessary, and will increase fee portion of costs. This will depend on level of students participation. All fees plus GST and performance-based gratuity.
Travel fees will apply to events booked at addresses outside of Greater Victoria	Grocery costs per person will range from approximately 20-25 each for Vegan or Vegetarian; 25-30 each for Meat, and 30-35 each for Seafood based menus, to make four servings of 2-3 recipes, plus incremental increase with each guest added. Groceries will be higher if 3-4 recipes selected for one of our longer lessons.
Wine Pairing, optional	Travel fees will apply to events hosted outside Central Victoria area, based on travel time greater than 20 minutes round trip, with an extra \$1 per minute past the first 20 minutes total time (round trip) \$9.95 per bottle selection + GST, plus retail cost of wine purchased by Chef and delivered on day of service

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 friends) how to make your selected whole foods menu!



Good For You
Gourmet

Together, we will co-create a Private Lesson plan that works for you. To view previous clients feedback and menus online, visit our website at www.gfyg.ca, on the catering page, or FB, at www.facebook.com/GoodForYouGourmet

Committed to your health & whole foods wellness!
Chef Laura Moore, Owner, Head Chef & Caterer
Call or Text: 250.514.1544, iPhone, www.gfyg.ca