

COOKING FOR YOU, Culinary
French Chef, Coach Pascale Deighan
Serving Florida-Treasure and Gold Coast
Serving South East Tennessee -Cleveland, Chattanooga Area



Culinary Coaching—1:2:1 Session for Individual

What's Culinary Coaching?

Chef Pascale coaches for people interested in transforming their food-life. It provides support for **people who consciously WANT to build a healthy relationship with food**; it applies for those interested in healthy and tasty dinners, specialized diets, weight loss program, balanced-nutritious meal planning for individuals or families, shopping for seasonal, local and organic, prepping skills and cooking techniques development, creation of a a personalized repertoire of recipes for client's needs...

How does it work?

After a free assessment consultation, client works on a 7 or 5 days program with Chef-teacher- coach Pascale Deighan. The goal is to consciously create a new relationship with food and **to install constant improvement** in each client's diet, according to their individual or family needs. Sessions take place in the comfort of your home with on-hands training including menu planning, shopping, prepping, cooking, serving and cleaning. We also offer, even shopping lessons, if needed, or over the phone and internet, as is convenient

Top 7 Reasons Why You should Consider Hiring Your Culinary Coach

Cook as a Chef and Receive Praise from you Family and Friends!

Save \$\$\$ on your To-Go and restaurants expenses!

Save \$\$\$ on your groceries bill, avoid wastes!

Feel more comfortable working around the kitchen!

Attain Fuller Health!

Avoid Panic in the Kitchen, call your Chef-online!

**Start Enjoying Chef Pascale's High Value-High Content, Special
Package NOW! And save \$\$\$!!!**

YOUR PERSONALIZED CULINARY COACHING PROGRAM

Includes:

- I- Initial Assessment:**
- 1) to determine individual dietary needs desires, Wants and assess current situation **FREE**
 - 2) To exchange ideas that would contribute a shared interest of family members for meals preparation (especially dinner time): shopping time, meal planning, respect of individual needs/tastes and in view to eat healthy, tasty diner and share family time together
 - 3) To determine overall motivation by assessing current situation and determining overall goals and desires.

II-Teaching: 1) Creating a conscious, healthy relationship with food

- 2) Shopping: Selecting providers, stores
Choosing of ingredients: local, seasonal and Organic products,
Respect of quality/value ratio

III-Menu Planning: building an updated **weekly balanced menu Planning**,

- 1) Selecting/studying dinner selections that family enjoys.
- 2) Creating a New Weekly Menu Planning by:

- Balancing colors, textures, flavors
- Portion control
- Respecting dietary needs and tastes
- Balancing Proteins/carbs/diary/fibers
- Respecting available food budget

IV- Cooking: 1 week culinary coaching with Personal Chef Pascale
Preparing/demonstrating dinners in the comfort of Your home.
Based on average +/-5 1/2 hours/day x 7 days- includes Shopping, recipe study, menu planning, prepping, cooking, serving, Cleaning)

- 1) Preparing self, preparing kitchen
- 2) Recipe creating and sharing
- 3) Ingredients prepping: washing, peeling, cutting
- 4) Use of herbs and spices
- 5) Preparation of soups and variety of healthy nutritive Salads, Dips and Dinners
- 6) Use of several cooking techniques
- 7) Assemblage, serving
- 8) Cleaning, sanitizing

V- Your Added Advantages

BONUS #1: COOKING FOR YOU e-Class (value\$37.5)

“3 keys that contributes to a successful cooking experience”

For you and your family to enjoy instructional culinary knowledge.

BONUS # 2: e-News subscription at www.cfyou.com **FREE**

Benefit from Chef Pascale continuous education that makes us experts on current culinary trends and specialized diets; includes Chef Tips, news, recipes and specials.

BONUS #3: Kitchen organizing (pantry, fridge) *FREE*

BONUS #4: Chef Club Online (Monthly Membership value \$169)

Personalized, low cost, fascinating and Value-packed: Enjoy a 1:2:1, monthly ongoing support (which is a vital part of going and staying healthy) or simply wanting ongoing inspiration to expand your gourmet-healthy know-how. Enjoy 3 live monthly coaching calls and enjoy your personalized Q/A support. Chef Pascale responds directly and clearly to your family concerns and immediate inquiries regarding your personalized program

BONUS #5: 2 extra weeks of e-Menu Planning (Value \$197)

For you to fully experience your continuous Chef support and keep enjoying balanced-nutritious menu planning that keeps interest fresh and by respecting your and your family criteria's'.

BONUS #6: 1 follow-up monthly in home session (Value\$185)

With your family and Chef Pascale to assist you in succeeding
Towards Your healthy goals

BONUS #7: Chef Apron ☺ *FREE*

BONUS #8: Gourmet Quiche *FREE*

BONUS #9: 20% Gift Certificate

Receive a high-value discount when you sign on
Your follow-up 5 days, 1:2:1 coaching program

Culinary Coaching Program

**1 week (7 Days) *SPECIAL* \$1495 (Value \$1883.50)
With all bonuses!**

**5 days: \$1250
Bonuses #1 to #8**

1 day training also available for individual or group

About Pascale Deighan

French, Certified Chef Pascale, founder of cfyou.com, expert in specialized diets, personalized meal planning and customized culinary service is devoted to cater people with gourmet and healthy cooking, to teach how to consciously create a beneficial relationship with food and to welcome Food and Nature Lovers at "Shanti Land" South-East Tennessee Culinary Retreat- to enjoy Peace, Care and Joy.

Through her cooking, teaching, writing, coaching, hospitality and products, Pascale shares with her clients her unbridled unique brilliance and ignite well-being in her clients.

To begin experiencing Chef Pascale's culinary expertise, you can, beginning right now, enjoy your FREE subscription at www.cfyou.com

Thank You and Bon Appetit!

Chef Pascale at Your Service

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