

Dose  of Nutrition

# COOK & LEARN WORKSHOP

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Register

NOW

Join me virtually for fun and interactive sessions, where you'll learn to cook delicious meals that fit your lifestyle, along with sharing valuable hacks and resources to make cooking easier and more enjoyable!

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# COOK & LEARN WORKSHOP

## Why Choose This Workshop?

- **Easy, Healthy, and Delicious Meals:** Discover recipes that strike the perfect balance between health and taste, requiring minimal effort.
- **Meal Prep Guidance:** Learn the art of meal prepping to simplify your week and ensure you always have delicious options at your fingertips.
- **Explore New Cuisines:** Expand your culinary repertoire by learning how to cook exciting new cuisines from around the world.
- **Kid-Friendly Ideas:** Learn how to add variety and balance to your child's meals and snacks!



## Who Should Join? This workshop can be personalized for anyone!

- **Busy Students:** Conquer your hectic schedule with quick, nutritious meals.
- **Parents:** Make family dinners stress-free and enjoyable.
- **Workaholics:** Fuel your workday with meals that are as convenient as they are tasty.
- **Adventurous Eaters:** If you're looking to diversify your diet and try new flavors, this workshop is your gateway to culinary exploration.
- **Kids:** Bring your kids to help cook up fun, kid-friendly meals or snacks that they will love while ensuring they get the nutrition they need.

## What's Included In The Workshop:

- A free discovery call
- 60-minute cook & learn video call, in the comfort of your own kitchen
- Recipe card (choose 2 meals, 3 drinks, or 3 snacks per session)
- Kitchen tool list
- Grocery list & grocery guidance
- Nutrition tips, kitchen hacks & meal planning tips
- FREE bonus resources
- Option to add a weekly meal plan

## Let's get started!

Schedule a **FREE discovery call** with me! We'll discuss your questions and tailor the workshop to your goals, budget, and dietary preferences. Let's create the perfect workshop for you—book your call today! (No pressure though—if you're not ready to schedule a workshop yet, feel free to call just to chat.)

**Contact me at [adoseofnutrition@gmail.com](mailto:adoseofnutrition@gmail.com) and title the subject line "Cook & Learn Workshop". I'll get back to you promptly to schedule a discovery call! Read the FAQs on page 9 that may help answer some of your questions!**

## Step 1

# CHOOSE YOUR WORKSHOP

### Option 1: Single Workshop

- **FREE** discovery call
- 60-minute cook & learn video call
- 2 meals, 3 snacks, or 3 drinks per session (select from my list: page 4-8, a recipe you found, or we can discuss new recipe choices during the discovery call)
- Recipe card
- Kitchen tool list
- Grocery list & grocery guidance
- Nutrition tips, kitchen hacks & meal planning tips
- FREE bonus resources
- Option to add a weekly meal plan

**Please contact for pricing!**

**Email at [adoseofnutrition@gmail.com](mailto:adoseofnutrition@gmail.com)**

### Option 2: Workshop Series

- **FREE** discovery call
- 6, 60-minute cook & learn video call sessions ( you can choose how to spread the sessions out through a 2 month time frame)
- 2 meals, 3 snacks, or 3 drinks per session ( select from my list: page 4-8, a recipe you found, or we can discuss new recipe choices during the discovery call)
- Recipe card
- Kitchen tool list
- Grocery list & grocery guidance
- Nutrition tips, kitchen hacks & meal planning tips
- FREE bonus resources
- Option to add a weekly meal plan

**Please contact for pricing!**

**Email at [adoseofnutrition@gmail.com](mailto:adoseofnutrition@gmail.com)**



## Step 2

# CHOOSE YOUR RECIPES – DAY MENU

(RECIPES CAN BE CUSTOMIZED (EX: TURNED VEGETARIAN, GLUTEN FREE, ETC))

### Morning Munch

- Overnight oats: 4 flavors
- Greek yogurt parfait
- Savory potato & chickpea parfait
- Homemade 4 ingredient bagels
- Veggie loaded egg muffins or frittata
- Loaded avocado or sweet potato toast
- Potato breakfast skillet
- Breakfast tostadas
- Healthy egg salad prep
- Breakfast protein patties
- Shakshuka platter

### Lazy Lunches

- Microwavable power bowls
- Chickpea Caesar salad wrap
- Pesto quinoa salad
- Leftover loaded flatbread
- Quick taco salad
- Grownup “lunchables”
- Protein pasta salad prep
- Kebab roll ups
- The everything salad prep
- No-cook sandwiches: 4 options

### Easy Weeknight Eats

- Eggplant & chicken sheet pan roll ups
- Healthy tandoori chicken bowls
- Harissa sheet pan chicken & veggies
- Quinoa pilaf one skillet meal
- Golden rice bowls with choice of protein
- Loaded beef zucchini boats or lettuce wraps
- Chimichurri shrimp tacos
- Chili oil veggie brown rice stir fry
- Meatball sheet pan meal
- Air fryer salmon bites

### Quick Snacks

- Chickpea bruschetta snack prep
- Tuna or chicken salad cucumber boats
- Grazing bento snack box
- Cowboy caviar prep
- Oat & date energy balls
- PBJ banana bites
- Air fryer cheesy broccoli bites
- Greek yogurt snack bowl
- Chia fruit salad
- Hummus & cucumber snack roll ups

## Step 2

# CHOOSE YOUR RECIPES – LIFESTYLE MENU

(RECIPES CAN BE CUSTOMIZED (EX: TURNED VEGETARIAN, GLUTEN FREE, ETC))

### Corporate Cravings( work-friendly meals)

- **Bento box:** Pizza box, charcuterie box, Mediterranean box, Veggie box
- Power protein wraps ( 4 options)
- Healthy chicken or chickpea salad prep
- Cheddar chicken pockets
- Mason jar salads
- Sheet pan baked feta pasta
- Moroccan soup meal prep

### Playful Plates (kid-friendly)

- Creamy broccoli garlic orzo
- Air fryer buffalo chicken taquitos
- Potato and chicken tots
- Zucchini fritters
- Oatmeal banana cakes
- Yogurt and fruit pops
- Silly animal toast
- Playful snack platter
- Healthy sloppy Joe sliders
- Rainbow stir fry
- Mini sheet pan meatballs & pasta
- Pizza pockets
- Banana sushi

### Dorm Delights(student-friendly)

- Rotisserie Nourish Bowl
- No-cook wraps: Hummus, pesto, Caesar
- Microwavable quinoa pesto bowl
- Veggie loaded sliders
- No-cook Mediterranean chickpea salad
- Healthy no-cook tuna salad
- No-cook overnight oats
- Microwavable loaded potato
- Avocado lime bean tostadas

### Budget Bites

- 3 bean salad
- Veggie loaded “Crunchwrap”
- Everything egg frittata
- Loaded cauliflower bowls
- Chili bowls
- Stuffed bell peppers
- Mushroom and spinach pasta bake
- Speedy lentil soup
- Simple taco soup
- Air fryer sesame chicken bowl

## Step 2

# CHOOSE YOUR RECIPES – CULTURAL-FUSION MENU

(RECIPES CAN BE CUSTOMIZED (EX: TURNED VEGETARIAN, GLUTEN FREE, ETC))

### South Asian

- Tandoori chicken & golden rice bowls
- Eggplant curry
- Channa chaat or channa masala
- 4-ingredient garlic naan
- Bhindi masala
- Easy chapli kebab meal prep
- Hara masala chicken
- Peas & potato keema
- Zucchini curry
- Healthy karahi chicken
- Healthy butter chicken

### Mediterranean & Middle Eastern

- Tzatziki platter
- Baba ganoush with za'atar pita crisp
- Smashed falafel wraps
- Shakshuka
- Lemoney tabouleh salad
- Chicken shawarma sheet pan
- Baked shish kefta
- Potato, carrot, and lentil soup
- Za-atar roasted chicken bowls
- Mediterranean quinoa salad
- Hummus coated chicken bites
- Pita pockets

### Mexican Fusion

- Black bean & lime tostadas
- Loaded sheet pan nachos
- Burrito bowl with cilantro lime rice
- Fresh homemade salsa
- Taco skillet
- Mexican street corn salad
- Air fried plantains
- Chipotle shrimp bowls
- Fajita vegetable stir fry
- Taco soup with air fried tortilla croutons

### Asian Fusion

- Veggie nori wraps
- Muffin tin sushi cups
- Rice noodle rainbow stir fry
- Garlic & chili oil salmon bites
- Tofu & brown rice stir fry bowls
- Egg roll salad
- Sesame baked tofu & broccoli
- Air fried chili oil wings
- Asian fusion nourish bowl
- 10-minute Lo mein
- Viral cucumber salad

## Step 2

# CHOOSE YOUR RECIPES – SEASONAL MENU

(RECIPES CAN BE CUSTOMIZED( EX: TURNED VEGETARIAN, GLUTEN FREE, ETC)

### Spring

- Shrimp or veggie rice paper spring rolls
- Spring flower vegetable snack board
- Lentil spring salad
- Avocado deviled eggs
- Quinoa and spring greens bowl
- Stuffed avocado
- Green goodness flatbread
- Lemon basil tea sandwiches
- Banana bread cookie clusters
- Herby tilapia with roasted broccoli

### Summer

- Avocado & lemon shrimp summer bowls
- Golden sunshine quinoa salad
- Chicken tikka & veggie skewers
- Mango quinoa salad
- Blackened shrimp tacos
- Grilled peri peri nourish bowls
- Grilled veggie skewers
- Melon & mint fruit salad
- BBQ chicken bowls
- Summer ranch wraps

### Autumn

- Berry crisp
- Pumpkin spice overnight oats
- Autumn harvest salad
- Loaded sweet potato fries
- Autumn quinoa & mushroom soup
- Autumn veggie stir fry bowls
- Sheet pan roasted red pepper chicken
- Butternut squash soup
- Healthy roasted tomato & veggie soup with mini grilled cheese
- Easy autumn skillet

### Winter

- Roasted winter harvest salad
- Cauliflower curry stuffed potatoes
- Roasted beet salad
- Kale and pomegranate salad
- Creamy spinach & mushroom gnocchi
- Wintery bliss bowls
- Chili and potato wedge bowls
- Homemade broth + how to incorporate broth in various meals
- Butter chicken pot pie

## Step 2

# CHOOSE YOUR RECIPES – SMALL BITES, DRINKS, & TREATS

(RECIPES CAN BE CUSTOMIZED (EX: TURNED VEGETARIAN, GLUTEN FREE, ETC))

### Easy apps

- Smashed cheddar and broccoli bites
- Crispy smashed potatoes
- Loaded masala fries
- Sweet potato and guac bites
- Zucchini rose tartlets
- Hummus flatbread bites
- Seasonal grazing board
- Roasted veggies on bed of yogurt dip
- Caprese potato skewers
- Stir fry spring rolls
- Masala chicken sliders

### Side Bites

- Buffalo cauliflower bites
- Air fried zucchini
- Garlic parmesan green beans
- Roasted carrot fries
- Zucchini noodle salad
- Easy shredded Brussels sprouts salad
- Easy golden rice
- Healthy creamy mashed potatoes
- Stuffed mini peppers
- Chickpea onion rice

### Dessert

- Berry or apple crumble
- Apple nachos or apple dipping board
- Homemade chia jam puffy pastry
- Pecan pie trifle
- Healthy mango kulfi
- Coconut rose fruit salad
- Strawberry oatmeal bars
- Fruit & yogurt bark
- Stuffed dates (4 flavors)
- Oat cookie clusters (4 flavors)

### Drinks

- Golden milk
- Healthier pumpkin spice latte
- Mango or watermelon lemonade
- Strawberry chia sparkling mocktail
- Cucumber basil refresher
- Cranberry mint refresher
- Strawberry matcha
- Infused fruit waters (4 flavors)
- Green smoothie
- Tropical smoothie
- Protein mango lassi
- Fruit slushies (4 flavors)
- Cinnamon honey chai



# Frequently asked questions

## FAQS

INSTAGRAM: @ADOSEOFNUTRITION  
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### How can I sign up?!

Currently, I am working on finalizing the workshop. You can join the waitlist and set up a discovery call by **emailing** me that you are interested at **adoseofnutrition@gmail.com**. Please title the subject line "Cook & Learn Workshop". I'll get back to you promptly to schedule a discovery call!

### How much does the program cost?

The single session starts at \$100 and the price can vary if you want to add a weekly meal plan. The 6 workshop series begins at \$500 with an option to add on a meal plan.

### Are you able to do a payment plan?

I can arrange a payment plan: 50% upfront and the remaining 50% at a scheduled later date to help ease any financial strain!

### How many recipes can be covered in a single workshop session?

I typically cover 2 meals, 3 drinks, or 3 snacks during 1 workshop. Depending on the prep/cooking time of the recipes chosen, it can be more or less.

### Can the recipes be customized to fit specific food allergies and preferences?

Nearly all the recipes can be customized to meet your preferences! For instance, I can modify most recipes to be vegetarian, gluten-free, or dairy-free!

### Can I gift this workshop to a friend or family?

Absolutely—this workshop is a wonderful gift for anyone! Whether it's for couples celebrating a wedding anniversary or a new college student eager to learn how to cook easy meals, it's a perfect choice!

### Can I schedule a discovery call without having to purchase the workshop?

No pressure—I'd love to chat and answer any questions that can help you decide if this workshop is a good fit. This way, I can get to know you better and discuss how to customize the workshop to fit your needs. Feel free to reach out to me anytime afterward if you're interested in purchasing!