



Grain Free Wellness

Restoring your health...one bite at a time.

Healthy Home Cooking and Baking with Jackie Caldwell

Learn to cook and bake in the privacy of your own home. Jackie specializes in healthy cooking and has expertise in: Paleo, Whole 30, Gluten -Free, Grain -Free, and Dairy -Free cooking and baking.

Basic Class Structure:

Your cooking and baking lesson includes pre planning with Jackie for your menu and will be tailored to suit your tastes. Jackie will work with you on any dietary restrictions and food allergies you and your family have and accommodate those for your class. With the class you will receive your meal and any leftovers from the food and groceries purchased for the night. You will receive printed recipes of all menu items.

Two Hour Cooking and or Baking Class -

\$100.00 for two people. Each additional person is \$50.00

**Grocery costs are not included and will be added to the total cost of class once menu has been determined.

(Jackie will purchase groceries once meal plan is determined)

Four Hour Cooking and or Baking Class-

\$200.00 for two people. Each additional person is \$50.00

**Grocery costs are not included and will be added to the total cost of the class once menu is determined.

(Jackie will purchase groceries once meal plan is determined)