



# Table 4 One

cooking for one person



## LEARN THE BASICS

Welcome to Table 4 One! We are happy that you are here. We are passionate about helping YOU learn to cook. These are skills that you can use for the rest of your life! We want you to feel confident in your cooking skills, and feel the joy that comes from being in the kitchen. Stay a while!

COOKING CLASS	COST
LEARN THE BASICS	\$100
MEAL PREP GUIDE	\$150
SPECIAL DIET MEALS	\$150

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## TAKE IT HOME

Whether you spent a long day at school or work, come home and open your new COOKBOOK that is filled with clean, delicious options that take 30 minutes or less to make. Our mission is to help you live a long and fulfilled life starting with the food you put into your body.