

KHANNA Healthy Catering Guide

Balanced. Fresh. Sustainable.

At KHANNA, we believe that food brings people together — and healthy choices make events memorable. Whether it's a corporate lunch or a family celebration, our mission is to make every plate nourishing and enjoyable.

5 Tips for Healthier Event Meals

1. ****Prioritize Fresh Ingredients:**** Choose seasonal produce and local sourcing whenever possible.
2. ****Balance the Menu:**** Include lean proteins, whole grains, and a colorful variety of vegetables.
3. ****Offer Dietary Options:**** Label vegan, gluten-free, and allergen-free dishes clearly.
4. ****Stay Hydrated:**** Replace sugary drinks with infused water or sparkling options.
5. ****Mindful Portions:**** Smaller, well-balanced servings reduce waste and promote wellness.

Why Choose KHANNA?

- ServSafe-certified culinary team
- Locally sourced ingredients
- Eco-friendly packaging and composting
- Personalized service for every event

Visit us at www.khannahealthy.com | Contact: info@khanna.example