

HEALTHY COOKING LESSONS



Do you want to cook healthy meals for your family but are struggling with **ideas**?

Would you like to learn how to cook **meals** that are **quick** and **healthy**, that your whole **family** will enjoy?

In 2 hours & in your home, I can teach you how to cook 4-5
QUICK HEALTHY FAMILY MEALS

"I learnt so much so quickly. Family loved the beef tonight. Youngest said best meal ever"

Catherine Raingold



"Having had a 2 hour lesson with Judianne, I can highly recommend it. It was great fun and fab to learn new chopping tricks"

Deborah Lipman

For more details ...

Email me at judianne@quickhealthyfamilymeals.com
or call 07973956403



@quickhealthyfamilymeals

To explore more Quick Healthy Family Meal ideas go to
www.quickhealthyfamilymeals.com