



I'll Show you My pantry if You'll show me Yours!

Ki's Kitchen-Rescue Program

Taste the difference, and FEEL the difference of anti-inflammatory, immune boosting meals- right at HOME!

With Ki's *Kitchen-Rescue Program*, you'll get the education and support you need to make healthy healing-foods choices. You'll learn how to incorporate more plant-based food options into your diet, which will be customized to suit your specific needs. You get all of this, right in your own kitchen!

No more...

- **Confusion** on how to add more plant-based options into your diet
- **Struggling** to treat conditions such as: cancer, multiple sclerosis, diabetes, fibromyalgia, other auto-immune diseases, obesity, high cholesterol and fatty liver etc.
- **Lack of time** in preparing healthy, plant-based and delicious options that you and your family will love
- **Feeling alone**, intimidated and overwhelmed at knowing exactly what to eat and the benefits or consequences it will have on your body and mind

With this unique program, you'll know exactly how to shop, prepare and make delicious anti-inflammatory, immune boosting meals that your family will love!



Here's what you get:

- Initial consult with Kiran to discuss your specific needs and goals
- Based on goals, a simple menu is created that incorporates various vegetables and textures (Very important when switching over to veggies as your main!)
- A customized grocery list so you can purchase all materials needed
- 2 hours with Kiran making your meal and showing you how to make it yourself
- A list of books will be provided to you, to use as reference for inspiration on what to cook

Ki's Style

- I take an holistic and Ayurvedic approach to meal planning. I start with a "Gratitude" prayer to Mother Nature and all involved in us receiving the bounty we have with which to cook. I will teach you the importance of positive energy while cooking.
- You will also learn about the various health benefits of vegetables we'll be using in the meals
- I will also give you additional meal ideas, and how you can alter the dish we made with small changes to form a completely different tasting dish.

Bonus

As a bonus offer, you'll also get included a **free trip to the grocery** to help explain about fruits, vegetables and spices you may never had heard or used before. **Plus 15-day** phone and email **support** post our final session together.

Your Investment

- Just \$75/hour per person within the GTA.
- Outside of the GTA please contact us for more details.

Take the first step to regain control of your health. Email info@kiskitchen.com to get started.

Here are some sample ideas of what you could learn to make



Baked Falafels with tahini sauce and tabouleh



Whole roasted cauliflower



Baked Mixed berry Oatmeal with Coconut Vanilla Whipped Cream



Roasted eggplant steaks with cauliflower mash and chimichuri sauce



Sweet potato stacks