



DOMESTIC COOKS WORKSHOP

Dabba Queen to Bollywood & Celebrity Macrobiotic Chef Nutritionist, Shonali Sabherwal re-launches her 'Domestic Cooks Workshop' with an all-new menu, cuisines, and flavors!

@SoulFoodShonali



INTRODUCTION

Send your domestic cooks to learn an all-new format of **macrobiotic, vegetarian, and vegan recipes** that come straight out of her menu, which she catered for the stars of Bollywood like Katrina Kaif, Jacqueline Fernandez, Esha Deol, Neha Dhupia, Sidharth Malhotra, and many corporates and eminent personalities who devoured her meals for over 9 years daily.

Let your domestic cooks come and learn recipes that are **FREE FROM: dairy, wheat, sugar, preservatives, additives**, and are different in the way they are presented and made. Recipes being covered are outlined below.

Simply 'UP' your domestic cook's repertoire to a gamut of **25 new recipes** that they can use to help you start the new year with an all-time food high!

@SoulFoodShonali

LEARNINGS

What will your domestic cook learn?

1. **25 new recipes** (recipes being covered outlined on page number 5 & 6).
2. How to work with the **new ingredients** being introduced to increase gut bacteria and achieve optimum gut health for you.
3. **Menu planning** with these recipes.
4. **Menu combinations** with these new recipes and ideas to add them to other recipes they make.
5. How to achieve **texture, crunchiness, flavor, creaminess, and color** without using too many spices, dairy, or sugar for the recipes taught.
6. Knowledge of **sourcing the ingredients** being used.
7. Achieve the right **flavor of ingredients** for the Indian palate.
8. How to use **different cooking styles** at a meal to create balance.

NOTE: YOUR DOMESTIC COOKS SHOULD HAVE A BASIC LEVEL OF UNDERSTANDING FOR COOKING AND A PASSION TO LEARN.





TAKEAWAYS

What will your domestic cooks get?

1. A recipe booklet with recipes in English and Hindi.
2. A list of the new ingredients that are being used in the workshop and where to source them.
3. A course completion **certificate for Shonali's Macrobiotic Cooking Level 1** class from Shonali Sabherwal.



25 RECIPES

100% VEGAN RECIPES BEING COVERED

FREE FROM: dairy, wheat, sugar, preservatives, and additives.

GOODNESS OF GRAINS

1. Brown rice porridge with almond milk
2. Brown rice soup (one-pot meal)
3. Barley mushroom risotto
4. Quinoa & currant stuffed bell peppers

HEARTY SOUPS & STEWS

1. New England Chowder
2. Gypsy Soup
3. Indonesian-inspired tempeh stew
4. Black bean Chili with cilantro pesto
5. Carrot cream soup

NOTE: Each dressing and curry base can be used across other recipes to get more out of the recipes learned!

25 RECIPES

100% VEGAN RECIPES BEING COVERED

FREE FROM: dairy, wheat, sugar, preservatives, and additives.

MAIN ENTREES

1. Thai-style tempeh wraps
2. Pasta with vegan meatless balls
3. Pad Thai in peanut coconut sauce
4. Korean-style tempeh tacos with coleslaw
5. Refried beans (how to prep in a tortilla)
6. Red kidney bean cutlets in coconut sauce (sauce can be used separately for other dishes)
7. Perfect protein salad
8. Dairy-free creamy dressing

SALADS

1. Red grape & rocket salad
2. Sesame seed dressing
3. Kale & red cabbage salad
4. Pumpkin seed dressing
5. Baked squash salad on a bed of arugula
6. Eggplant Salad
7. Lemon tahini dressing
8. Papaya kimchi



IN PERSON

How will the workshop unfold?

This workshop will be conducted in-person (offline) with Shonali Sabherwal and her sous chefs.

Date: Saturday, 16th December, 2023

Time: 1 pm to 5 pm [4 hours]

Venue: Juhu (Address provided once seat is confirmed)

Cost: ₹24,999/-

Language of instruction: Hindi/English (Hinglish, depending on the group's understanding skills)

Limited seats for 30 Domestic Cooks!

For more details: **WhatsApp to 9820431224** (can call this number to ask questions before registering).



REGISTRATION

How to register?

Pay amount of Rs. 24,999/- to the bank account mentioned below;
then send your name, domestic cooks name, your email address &
phone number with a screenshot of the payment via:

WhatsApp to 9820431224 or

Email: shonaalii@macrobioticsindia.com

Bank Details

Bank: INDIAN OVERSEAS BANK

ISKCON BRANCH

SAVINGS ACCOUNT NO: 124501000010518

IFSC CODE: IOBA0001245.

SWIFT CODE: IOBAINBB128

ACCOUNT NAME: SHONAALII SABHERWAL

@SoulFoodShonali

FOOD IS MEDICINE



List of ailments I have worked on:

Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); Fibromyalgia;
Cancer: rectum, colon, breast, lung, prostate, ovarian; Cancer markers;
Skin issues (psoriasis, urticaria, skin glow, dark circles);
Thyroid; PCOD; Depression (anxiety); OCD; Hair fall; Menopause;
Allergies; Food intolerances; Conditions associated with low immunity;
Weight loss/gain; Diabetes; Autoimmune conditions.

Check the Disease Management page on the website soulfoodshonali.com for more information.

FOOTPRINT



- Certified Macrobiotic Nutritionist & Chef from Kushi Institute, USA.
- Ran a successful catering service for 9 years, providing Macrobiotic Vegan meals to over 8000 clients (consultations) addressing 50 different ailments, with 1000+ workshops conducted.
- Recipient of Vogue's 2020 'Best Nutritionist' award and The Times (of India) SheUnltd award for Health Food in 2019/2020.
- List of Bollywood clients includes: Katrina Kaif, Zoya Akhtar, Sidharth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jacqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil, to name a few.
- Books: 'The Beauty Diet,' 'The Detox Diet,' 'The Love Diet,' 'Vipassana: The Timeless Secret to Meditate & Be Calm,' 'Finding Your Balance: Your 360-Degree Guide to Perimenopause & Beyond.'
- Podcast: 'Soulfood Conversations' on Audible.

To learn more about Shonali visit www.soulfoodshonali.com

THANK YOU

For more information or any queries relating to the workshop or consultations please get in touch.



CONTACT



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