

IN-PERSON COOKING CLASSES

HOW IT WORKS:

Get your team together for a hands-on experience in the kitchen with a FLIK Dietitian and/or Chef! Simply pick your in-person class and schedule a date and time by contacting the Regional Wellness Manager, Olivia Bubri, at olivia.bubri@compass-usa.com!

PRICE:

\$75

CAPACITY:

15 PARTICIPANTS

DURATION:

60 MINUTES



LITTLE ITALY: PASTA FROM SCRATCH

Making pasta is much easier than you think! Learn how to make pasta from scratch in this class.



SABOR DE COLOMBIA: AREPAS

Learn how to make authentic Colombian arepas as well as a variety of fillings to top them with in this class.



LATIN STREET FOODS: EMPANADAS

Step up your your Latin Street Food game and learn how to make authentic empanadas from scratch.



VEGGIE-PACKED MOROCCAN MEATBALLS

One of our favorite no-fuss meals! Learn how to cook Moroccan meatballs revved up with fiber-rich veggies.



ONE PAN MEALS: SHEET PAN FAJITAS

One pan meals make quick, easy clean up dinners. Learn how to make sheet pan fajitas for an easy, healthy meal.



SWEET TREATS: CHOCOLATE BARK

Calling all chocolate lovers! Join us as we learn how to make homemade dark chocolate bark.

VIRTUAL CLASSES

HOW IT WORKS:

Pick your virtual class and schedule a date and time by contacting Olivia Bubri (Regional Wellness Manager) at olivia.bubri@compass-usa.com! We'll send you all of the recipes and shopping lists plus prep instructions to your email a week before the class.

PRICE:

\$375 + FOOD COST
Add HelloFresh Meal Kit
(+ \$80-\$100 / person)

CAPACITY:

UNLIMITED

DURATION:

60 MINUTES



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MORE VIRTUAL CLASSES



TIME-SAVING 30 MINUTE MEALS

Learn how to make some of our favorite meals that will take you only 30 minutes to make - start to finish!



PREP NOW EAT LATER

This quick and easy weeknight dinner prep will keep you out of the kitchen after a long day.



CULINARY TIPS KNIFE SKILLS 101

You will learn how to use your knife to effectively (and safely!) slice, dice, julienne, and much more.



THE ART OF GNOCCHI

Gnocchi is easier to make than you think. In this class, you'll learn how to perfect the art of this classic Italian dish.



PLANT POWER BUDDHA BOWL

Those Instagram-worthy power bowls in all their glory. You will make a sweet potato, chickpea "Buddha" bowl!



HEALTHY HOLIDAY APPETIZERS

Learn how to make a variety of healthier holiday appetizers that will still wow your guests!



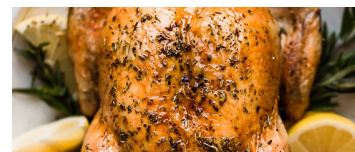
REDUCING WASTE SHAKER SALAD

Reduce food waste by learning how to use the entire vegetable as you construct your own shaker salad.



AUTHENTIC & FLAVORFUL MEXICAN STREET TACOS

Learn how to make authentic and flavorful Mexican street tacos with homemade corn tortillas.



PICK A PROTEIN MYSTERY BASKET

Prepare a full dinner or lunch. You select the protein, we choose the rest (shh... it's a secret).

COOKING DEMONSTRATION

HOW IT WORKS:

Simply pick your class and schedule a date and time by contacting the Regional Wellness Manager, Olivia Bubri, at olivia.bubri@compass-usa.com! Joining virtually? We'll send you the recipes to make the dish at home. Tune in online or in-person and our Chef will teach you the recipe!

VIRTUAL PRICE:

\$275

IN-PERSON PRICE:

\$375

CAPACITY:

200 GUESTS

DURATION:

30-60 MINUTES



MEDITERRANEAN BOWLS

Learn how to make Mediterranean bowls applying principles of the Mediterranean Diet.



PLANT-BASED TAQUERIA

Learn how to make simple flavorful plant based tacos as well as the benefits of a plant-based diet.



PICK-ME-UPS: ENERGY BITES

Healthy easy snacks that you can enjoy during the week. Learn how easy it is to make these tasty treats!



SUPERFOOD SMOOTHIE BOWLS

Make superfood smoothie bowls that are loaded with antioxidants - perfect for breakfast or workout snacks.



MEALS IN MINUTES ONE POT MEALS

Learn how to make a simple, healthy one pot chicken and orzo dinner and tips for one pot meals.



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