



## MY HEALTHY ENERGISING KITCHEN

There is a fantastic opportunity to have fine dining experience at home with your own professional Qualified Chef as well as the opportunity to learn cooking in the comfort of your own home within the Henley-On-Thames and surrounding area.

Experience and explore the areas of cooking, which you have never explored and want to surprise yourself and perhaps your friends.

### My charges are:

- **MHEK** charge **£30 per hour** for Cooking services in and around the Henley on Thames area (*Depending on location, there is travel cost*) this cost excludes the food, drinks and shopping.
- **Sample package price for a party or groups:**  
It is basically \*£140 for 2, and \*£240 for 4 person (Depending on the menus) prep work and shopping. Prices can be discussed and menus can be tailor made as per client's requirement. Cooking, serving and tidy up is taken care by my team.
- **Sample package price for a romantic meal for 2:**  
To shop, cook, serve and tidy for a meal with ingredients included for 2 people in which I can recommend or client can choose a menu or we can discuss together – the price would cost \*£180 (menu dependent) But can be discussed and modified as per client's needs.



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**MHEK**- want to make sure, we emphasis on high Food and hygiene standards and we want to give a fine dinning experience in the comfort of your own home, with lots of fun with cooking and having the whole **EXPERIENCE**.

Learn to Cook Delicious, Authentic, Traditional Healthy **Indian, and Thai & Super Food's Cookery** for your family and friends with **Nutritionist Chef Ravi**- who has worked with many leading five star hotels and profound knowledge of food and Nutrition.

So Welcome to My Kitchen-**"MHEK"** and embark the culinary journey to surprise your taste buds and be the part of amazing food Experience.

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To find out more and how to book please contact me at - [rbsnutrition@gmail.com](mailto:rbsnutrition@gmail.com) or visit my website for more details.

[www.rsnutrition.co.uk](http://www.rsnutrition.co.uk)