

Freezer Meal Workshops

HEALTHY MEALS. HAPPY TEAMS.

Why Host a Freezer Meal Workshop?

For Employees:

- Skip the “what’s for dinner?” stress
- Enjoy healthier, balanced meals
- Take home 5 family-sized meals (feeds 4–6 each)
- Free up time for family, hobbies, or rest

For Workplaces:

- Builds camaraderie & teamwork
- Supports workplace wellness initiatives
- Improves focus & energy with less stress at home
- A fun, memorable perk employees actually use

How it works

Participants prep 5 entrees for their fridge or freezer.

All recipes go home raw to be cooked later.

The only facility requirements are a sink for hand-washing during the workshop, and space for 3-5 tables (existing counters work!)

I bring the groceries, containers, recipes, and prep tools; plus handle set-up and clean-up.

Employees just need to bring a reusable grocery bag to take their meals home.

Details

Group size: 4-20 participants

Workshop length: 1-2 hours

Cost: \$184/person

Registration deadline: 3 days prior to event

Easy payment links available (great for cost sharing)

Travel fee may apply for locations outside Kamloops

Menus can accommodate dietary preferences on request

Custom Options: Packages can be tailored to meet time or cost demands



+250-320-3641



amanda@inspiredeats.ca



www.inspiredeats.ca

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Menu Options

Quick pick menus:

Family Favourites:

Pizza Stuffed Chicken Breasts
BLT Burgers
Honey Garlic Chicken Skewers
Texas Pulled Pork
Cheeseburger Pasta

Gluten Free:

Lemon Feta Chicken Breasts
Cheddar Stuffed Meatballs
Coconut Curry Grilled Chicken
Sweet & Smokey Pork Chops
Turkey Lettuce Wraps (contains peanuts)

Dairy Free:

Baked Honey Mustard Chicken
Classic Meatloaf
Pork Tenderloin with Teriyaki Sauce
Mediterranean Lemon Lentil Soup
Buffalo Turkey Sloppy Joes

Low-Carb:

Bacon, Cream Cheese, Cheddar Chicken
Turkey Parmesan Meatballs
Korean Grilled Chicken Breasts
Garlic Lime Marinated Pork Chops
Tandoori Chicken Skewers

Or to build your own menu, [click here](#) or scan the QR code:



Testimonials

"I highly recommend Amanda's freezer meals workshops. We had 5 nicely varied menu choices and the workshop was good fun, while still being well organised. Amanda provided the highest quality ingredients. We chose to cook one of the dishes this evening, rather than freezing it, and were very impressed. Can't wait to try the others!" - Alex Dempsey

"I haven't had to 'figure out' dinner all week and it's been amazing!! You rock Amanda!" - Jolene Sampietro

"LOVE working with Amanda!!!! She is so organized and thinks of every little thing and takes care of it! It was so easy to set up an event with her and seamless from start to finish. Can't wait to have another event with her." - Amanda Yaseniuk

Book Your Workshop Today!

Contact: Amanda McKeen



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