



Cook to Go comes ...to you.

Cook to Go has a lifetime of cooking experience and offers menu planning, shopping, meal preparation and clean-up.

I have years of cooking for retreats, both small and medium sized, weekend and longer. I offer meal planning, food shopping, meal preparation and clean-up.

I am interested in helping you serve good food which includes vegetarian, gluten-free, weight watcher and non-vegetarian menus.

I've studied with Ed Brown at Tassajara Retreat center, *Spice Up Your Life* at Kendall College and have a Sanitation Certificate. I have been head cook for many, many Zen retreats.

If you are looking for a fill-in cook, or a cook to manage and prepare meals for a retreat, workshop or seminar please call for my availability and fees.

FREQUENTLY ASKED QUESTIONS

Q Is this service just for spiritual retreats?

A No. Although my experience is cooking for Zen retreats I am delighted to cook for anyone who wants good, nutritious food.

Q Do you only cook vegetarian meals?

A No. I cook all types of food and meals and prepare food for you and your group according to your tastes.

Q Do you do all the work alone?

A If the size and scope of the work requires an assistant, I am able to bring an assistant cook with me.

Q Do you do fill-in work for retreat centers?

A Yes. I'd be glad to help out when you need a temporary fill-in cook.

Call 847-332-2577

Ask for: Cook to Go

Email: cookstogo@gmail.com