



Cooking & Color Business Overview

Core Services:

Cooking & Color offers engaging and educational culinary experiences designed to demystify healthy eating and equip individuals with the skills and confidence to cook nutritious meals at home. Our services include:

- **Live Culinary Demonstrations & Tasting Events:** We partner with community adult education centers, health and wellness stores, and healthy grocers to host live cooking demonstrations. Participants will learn how to prepare delicious, low-glycemic, and healthy dishes, enjoy samples, and receive easy-to-follow recipes to replicate the meals at home. References to in store products to satisfy recipes will be included.
- **Hands-On Cooking Classes:** For venues with kitchen facilities, we offer interactive, hands-on cooking classes. Clients will get a practical, immersive experience, learning essential cooking techniques and preparation methods under direct guidance. This format is ideal for building confidence and a deeper understanding of healthy meal creation.
- **Individual Consultations & Personalized Coaching:** We provide one-on-one nutrition and culinary coaching. This service is tailored to the unique dietary needs and health goals of each client, offering personalized meal planning support, ingredient guidance, and practical cooking advice.



Meet Your Chef & Coach

Ray Orndorff brings a unique blend of culinary and wellness expertise to every session. After semi-retiring from corporate America, I obtained my certification in wellness and coaching, and extended my culinary abilities through the Classic Cooking Academy in Scottsdale.

My experience includes leading classes at a major cooking academy and providing individual consultations, all while helping clients achieve their health goals. I specialize in teaching you how to create healthy, delicious, and low-glycemic meals that fit your lifestyle.

Carb-Conscious Kitchen Series

Nourish yourself and your family with healthy, flavorful, and low-carb meals. Our entire portfolio cooking series, **Carb Conscious Kitchen**, is designed for the home cook who wants to explore a new way of eating without sacrificing taste or satisfaction.

Each class focuses on a different aspect of healthy eating, teaching you the "why" behind the techniques and the "how" to apply them in your own kitchen. Learn how to transform everyday dishes into vibrant, nutritious masterpieces, packed with color and flavor.