

# **LADERA TIMES**

**News Monthly**

**[www.LaderaTimes.com](http://www.LaderaTimes.com)**

**December 2013**

## Ladera Chef Wants to Teach Families How to Eat Right!

There's a new chef in town looking to identify some residents who appreciate the art of fine catered food.

Her name is Marilia Arguedas, a certified chef, owner of Artisan Meals and a member of the American Personal Chef Association, graduated from the well known school of culinary arts Le Cordon Bleu.

Chef Marilia started her own business in Chicago, cooking for families with specific nutritional needs, special celebrations and family weekly meals.

She recently moved to Ladera Ranch and is very excited about continuing

"Artisan Meals," her personal chef services in this community.

As a food passionate conscious chef, she believes in healthy eating as a lifestyle.

Not every person has the possibility to work, cook, help and teach their families to eat healthy.

She says, "Days run too fast and suddenly we find ourselves in a high fat, high sodium, high caloric drive thru trying to make everyone happy, be done with dinner time and finally, catch up some sleep.

"We all know this is wrong, but it happens all too often!"



This is why she offers free assessment meetings with the entire family in order to understand their needs and food preferences to create a personalized menu. On her website [www.artisan-meals.com](http://www.artisan-meals.com) is a list of menu ideas to choose from or families can create their own personalized menu.

Chef Marilia has been featured in McHenry County Magazine, won the 2011 Top Chef Stephanie Izard award, and won second place on San Pellegrino Almost Famous Chef regional competition.

For more than 10 years, she has been teaching families and especially kids the need for a healthy lifestyle, starting from what to bring to the table. Most kids are hesitant of trying new vegetables, or fish, or grains. During her visit, she integrates the children to the family menu decision making them part of it making them more likely to try what they choose.

"As a chef and a mom of two very active boys, I know it is cheaper and healthier to eat *right*.

Simple, flavorful and good presentation makes it *right* . . . and delicious!" she says.

Chef Marilia understands families struggling with dinner time, schedules and "picky eaters". She is offering two free and fun cooking classes (approx. 2 hours) including food presentation (plating) for no more than three adults at a time, Ladera Ranch residents only. Students should provide the ingredients. Menu can be decided based on family/student needs. Class should be at the student's kitchen. First two callers/mailers on a first come first serve basis. Class day/time restrictions apply.

Contact Chef Marilia at 847-226 6689 or at [info@artisanmeals.com](mailto:info@artisanmeals.com).