



It's All  
About

# Living

## WOMEN'S LIVING EXPO CHEFS KITCHEN Stage Schedule

### Best Buy CHEFS KITCHEN STAGE

Friday Chefs Kitchen		
10:30am		
11:00am	Tupperware Demonstration	
11:30am	Holiday Cooking Tips & Table Settings	<i>The Pampered Chef</i>
12 noon	Pizza with Pizaaz	<i>US Wellness Meats</i>
1:00pm	From Fat To Thin, For Life	<i>The Lighter Side of Southern Cooking</i>
1:30pm		
2:00pm	Making 12 Meals In 2 Hours!	<i>Meals In Thyme</i>
2:30pm	Chocolate Without The Guilt	<i>U.S. Wellness Meats</i>
3:00pm	4 Meals in 4 Minutes	<i>Homemade Gourmet</i>
3:30pm		
4:00pm	The Missing Piece-Whole Food Nutrition	<i>Juice Plus</i>
4:30pm	Kiw Tart w/Raspberry Koolie	<i>Chef William Parrish / Tonic Ultralounge</i>
Saturday Chefs Kitchen		
10:30am	Family Nutrition Made Simple	<i>Juice Plus</i>
11:00am	Tupperware Demonstration	
11:30am	Making 12 Meals In 2 Hours!	<i>Meals In Thyme</i>
12:30pm	4 Meals in 4 Minutes	<i>Homemade Gourmet</i>
2:00pm	Holiday Cooking Tips & Table Settings	<i>The Pampered Chef</i>
2:30pm	From Fat To Thin, For Life	<i>The Lighter Side of Southern Cooking</i>
3:00pm	Miniature Cream Puffs & Éclairs	<i>Chef Vic Pace / Tower Club</i>
3:30pm	Home Cooked Comfort Foods	<i>US Wellness Meats</i>
4:30pm	Banana Chimichanga	<i>Chef William Parrish / Tonic Ultralounge</i>
Sunday Chefs Kitchen		
11:30am	Family Nutrition Made Simple	<i>Juice Plus</i>
12 Noon	Tupperware Demonstration	
12:30pm	From Fat To Thin, For Life	<i>The Lighter Side of Southern Cooking</i>
1:30pm	Holiday Cooking Tips & Table Settings	<i>The Pampered Chef</i>
2:00pm	Mexican Fiesta	<i>US Wellness Meats</i>
3:00pm	Cake Decorating For The Holidays	<i>Three Fat Ladies Catering</i>
3:30pm	Making 12 Meals In 2 Hours!	<i>Meals In Thyme</i>
4:00pm	4 Meals in 4 Minutes	<i>Homemade Gourmet</i>
4:30pm	Spanakopita	<i>Chef William Parrish / Tonic Ultralounge</i>



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