The Fairmont Chateau Whistler

Health & Wellness Event Options

Featuring LifeStyle Cuisine & LifeStyle Cuisine Plus

Chef for a Day

There are never too many cooks in our kitchens!

Fairmont prides itself on creating unique and delicious meals that contribute to optimal health and wellness for our guests. For this hands on cooking workshop, a nutritious menu will be designed around a pre-determined dietary requirement such as heart healthy, gluten free or vegan.

After careful instruction from Executive Chef, Vincent Stufano, students will work together to cook their meal while learning new tricks and techniques from a professional.

Sample "Heart Healthy" Lunch Menu

up to 25 people

Vine Ripe Tomato Salad
Watercress, black peppered bocconcini & aged balsamic
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"Pot au Feu" of Free Range Chicken Breast
young organic vegetables & herbs
~
Lemon Panna Cotta
gingered orange segments

Event Includes: Chefs aprons and hats, recipe book (hat and recipe book to take home)
Enhancement: Custom embroidered aprons

Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

The Fairmont Chateau Whistler
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Fairmont Signature Events