

www.breakingbreadwithmira.com

Meal Prep, Event Catering, Cooking Classes Recipe Development Brand & Content Awareness Videos



Yamira Lee "Mira" Johnson
Certified Holistic Life Coach
Wellness Cook
Licensed Food Safety Manager



Hello there!

We're Breaking Bread with Mira, a growing Florida company with a holistic and healthier approach.

Through our brands, Breaking Bread with Mira & SupperWholesome, we offer cooking classes, event catering, and create healthy housemade pre-made meals,

We serve our clients with bold tastes of home, and comfort without the hassle.

www.breakingbreadwithmira.com

www.supperwholesome.com

find@breakingbreadwithmira.com



About Us

Breaking Bread with Mira, Inc., started out as a volunteer community service project in 2012, supporting grass root organizations making a difference among those in need.

After founder Yamira Lee Johnson began to experience issues with chronic inflammation and pain, she realized that applying a more holistic approach to her cooking and living, was the way to find healing. She loved creating recipes and combining ingredients together into easy, delicious, and healthy meal plans for her family and friends. Mira began to share with her circle and audience, how to cook with wholesome ingredients. From these meal plans, and cooking classes, she started a local catering company with delivery service to clients pre-scheduling their orders a week in advance.

In record time, a small catering business grew to a tenacious team delivering healthy and delicious meals to our clients every week, teaching at local county libraries, medical offices, and serving at corporate and personal events.

For the last ten years, Breaking Bread with Mira, Inc., has built prosperous collaborations with organizations like Feed & Fortify, Orange County Library, Tampa Hillsborough Library, QLATINX, Bros In Convo. We've also served iconic corporate offices like Universal Orlando Marketing dept, Rooms To Go corporate office, Simply Healthcare, Florida Hospital (now Advent Health) Metro Health Orlando and more,

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Yamira Lee
Johnson
Founder & CEO

Breaking Bread
with Mira, Inc.

SupperWholesome

What We Do



Nearby restaurants are usually time-consuming and expensive. Fast food alternatives are often unhealthy and unsatisfactory.

Breaking Bread with Mira & SupperWholesome offers much needed alternatives to individuals and families seeking to enjoy bold flavors, made with wholesome ingredients.

Our top of the line fresh ingredients, and caring cooking techniques allow us to offer delicious, delectable meals, packed with good for you flavors.

We've also partnered with nutritional experts and functional medicine practitioners, to ensure we offer evidenced based content.

These cuts time wasted on deciding where to eat, encouraging them with wholesome meals and enabling our guest to enjoy healthy options to build peak performance.



Meal Prep





Services

Recipe Developing & Planning

Healthier Virtual & Hands On
Cooking Classes & Workshops

Wholesome Meal Prep
Delivery & Pick up

Corporate & Personal
Event Catering

Brand & Content Awareness
Videos



Investment

Our services can be customized once all your branding and service needs are reviewed, we will provide a detailed proposal with investment and deliverables so you can make an informed decision.

We look forward to serving you!

Healthy Cooking Classes at 5 Loaves Kitchen in Winter Springs

Cooking Demo & Tasting	Hands On-Guided Cooking Class & Tasting	Hands On-Guided Cooking Class, Tasting, Take Home Ingredients	In Person & Virtual Workshops
<p>Coach Mira Cooks, while attendants sit back, enjoy, and relax</p>	<p>Hands on-Guided Cooking Measure, Prep, Cook</p>	<p>Hands on-Guided Cooking Measure, Prep, Cook</p>	<p>Coach Mira Cooks, while attendants cook along from their own kitchens</p>
<p>Ingredients Nutritional Value</p>	<p>Includes all ingredients</p>	<p>Includes all ingredients</p>	<p>evidence based content and protocols</p>
<p>Shopping Tips</p>	<p>Ingredients Nutritional Value</p>	<p>Ingredients Nutritional Value</p>	<p>Ingredients</p>
<p>Healthy Cooking Swaps</p>	<p>Shopping Tips</p>	<p>Shopping Tips</p>	<p>Nutritional Value</p>
<p>Recipe Tasting</p>	<p>Healthy Cooking Swaps</p>	<p>Healthy Cooking Swaps</p>	<p>Shopping Tips</p>
<p>Recipes PDF Download</p>	<p>Recipes eBook PDF Download</p>	<p>Recipes eBook PDF Download</p>	<p>Healthy Cooking Swaps</p>
<p>1 hour /15 minutes</p>	<p>Recipe Tasting</p>	<p>Recipe Tasting</p>	<p>Recipes PDF Download</p>
<p>6 to 12 attendants</p>	<p>2 hours /15 minutes</p>	<p>Take Home Measured Ingredients Bag</p>	<p>2 hour</p>
<p><i>\$50 per guest</i></p>	<p>6 to 12 attendants</p>	<p>6 to 12 attendants</p>	<p>Up to 30 attendants</p>
	<p><i>\$75 per guest</i></p>	<p>2 hours /15 minutes</p>	<p><i>*Zoom link start at \$1,500 per class</i></p>
		<p><i>\$100 per guest</i></p>	

Choose from Our Class Curriculum

or

Pick an Ingredient or Recipe
& we'll make it Happen for You!

Team Building, Couples, Family Gatherings, Mommy & Me

- Cooking with Healthier Oils, Sugars, Vinegars & Salts. (3 recipes)
- Healthier Cooking After 40's (Optimal Ingredients for Collagen & Metabolism)
- Healthier Cooking to Beat Anxiety, Depression, and Mood Swings
- Healthier Stir Fry
- Healthier Hispanic Dishes (Includes how to make sofrito & adobo)
- Healthier Cooking with HIV 101 (Boost Immune System)
- Veggie Lasagna (Make Fresh Pasta & Tomato Sauce)
- Healthier Curry Chicken (Indian spices)
- Low glycemic sides (3 recipes)
- Transition to Vegan (Animal to Plant Base swaps)
- Keto 101
- Mediterranean 101
- Paleo 101
- Gluten Free 101
- 5 Day Healthy Meal Prep
- You Choose an Ingredient, we'll build 3 recipes with it.

Wine Tastings

We also offer Wine Tastings (21 years young and up)

5 Chef Selected Wines Flight

paired up with

Charcuterie boards & Chef Selected Tapas

\$85 per guest 6 to 20 guest

5 Loaves Kitchen or Your Selected Location*

*traveling fees apply