



COOK WITH CONFIDENCE

8 week virtual cooking program for busy home cooks

WHAT IF...

- **What if...** you could open your fridge or pantry and whip up a delicious, healthy meal on the fly without being tied to a recipe?
- **What if...** your family's eyes lit up every time you made a meal for them and you could actually enjoy dinner time together?
- **What if...** you could break free from your cooking rut and stop spending money on takeout and delivery?

...without feeling embarrassed about your lack of confidence in the kitchen, wasting time scrolling for answers on the internet or spending thousands of dollars on fancy cooking schools.

HERE'S THE PROBLEM...

Here's why most busy home cooks feel frustrated:

- They make the same boring, tasteless meals over and over again because they were never taught the basics and don't know how to cook without a recipe.
- So much food goes to waste because they don't know what to do with it and they don't know how to just "wing it" in the kitchen.
- This causes so much stress because meals don't taste good, the family doesn't want to eat it and they waste money on groceries every week.
- They keep buying healthy food but it ends up going to waste as it sits in the fridge while they order take out.
- They dread dinner time every day and are afraid to try anything new for fear that the recipe will fail.
- They WANT to make dinner but don't know how or where to start.
- When a recipe fails they crumble and don't know how to recover and end up eating nothing for dinner.

They give up before they even really start. I don't blame them!

Feeling intimidated and defeated sucks.

And knowing that this is something you have to face every single day can be soul-crushing....

But it DOES NOT have to be this way!

HI, I'M LANEY

Hi! I'm **Laney**, and I founded Cook with Confidence. I know how it feels to be overwhelmed, anxious and stuck in a rut in the kitchen. I spent my entire childhood enjoying my family's cooking, but no one ever taught me the basics so when I got to college and had to fend for myself, it was a rude awakening!

I set off on a mission to learn everything I could about cooking and along the way I not only discovered my love for food, but also my passion for teaching!

I was a first grade teacher for 6 years while I took every cooking class under the sun, watched countless hours of Ina Garten on the Food Network and cooked relentlessly for family and friends, even when I failed.

Confidence isn't something that happens overnight. Like any skill, it takes practice and it is absolutely something you can improve.

After years of teaching in the classroom and trial and error in the kitchen I was able to bring my two zones of genius together. FOOD + TEACHING. I put together a program to teach my signature methodology that has allowed me to create simple, healthy and delicious meals for my friends and family — without being tied to a recipe. **That is how "Cook with Confidence" was born!**



WHO I WORK WITH

I have found that my program works best for these two groups of people:

1. Busy home cooks who feel anxious or nervous in the kitchen and want to learn how to whip up a meal on the fly.
2. Parents or working professionals looking to create simple, healthy and delicious meals for themselves or their families without using fancy ingredients.

WHY I'M DIFFERENT

- I'll give you **proven systems & structure** to accomplish your goals every single week.
- As a former 1st grade teacher I understand how to teach in a way that is **clear, simple and easily digestible**.
- I teach you the building blocks for a solid cooking foundation to achieve ultimate kitchen **freedom**.
- I support you with LIVE interactions every week, as well as unlimited daily support.
- I am 100% results-driven - you get lifetime access to the material.
- I'll teach you how to overcome your mental blocks and fears in the kitchen.
- I care deeply for your inner fulfillment, purpose, mission, and holistic transformation.

HOW IT WORKS

When you sign up to work with me, we'll address your goals and from there, we will move you through the following steps with 100% support and accountability along the way.

STEP 1: Kitchen Audit

Week 1: We will cover what kitchen tools and pots and pans I recommend, edit your pantry and review best practices to set up your kitchen and workspace as a stress-free zone.

STEP 2: Knife Skills

Week 2: You will learn how to choose the right knife for YOU (one size does not fit all), all about knife care and basic knife skills such as how to mince, dice, slice and chop.

STEP 3: Chicken Week

Week 3: We will dive into all things chicken! We'll go over the different types of chicken you can buy and how to use them. You will learn about the various cooking methods - sauté, roasting and shredding and most importantly, how to make chicken actually taste delicious!

HOW IT WORKS

STEP 4: Salad & Veggie Week

Week 4: In this week you will learn my salad building basics as well as the secret ingredient to take your salad from boring to bomb! (Hint: homemade salad dressing) We will also cover the different cooking techniques for vegetables - roasting, sautéing and blanching. You will learn my top tips and tricks for making veggies perfect every time.

STEP 5: Pasta Week

Week 5: I'll teach you my secrets to cooking perfectly cooked pasta and how to make a delicious homemade sauce that will bring your dinner game to a whole new level.

HOW IT WORKS

STEP 6: Fish Week

Week 6: We will cover the most common types of fish to buy, what to look for when shopping and how to make fish taste flavorful and delicious by roasting, sauteing and steaming.

STEP 7: Steak/Red Meat Week

Week 7: You will learn the various cuts of meat and best practices for cooking steak perfectly every time.

STEP 8: Soup Week

Week 8: We will dive into the building blocks of starting a soup, how to season in layers and I will teach you how to make a pureed soup and chunky.

RESULTS

“Thanks to Laney, I learned invaluable cooking tips and tricks that I use on the daily. Yes, DAILY. Little did I know that I would soon be cooking every.single.meal at home. I can’t even imagine how I’d survive quarantine cooking without what I learned from Cook with Confidence.

Some personal highlights include: learning to saute chicken breast properly, making my own delicious salad dressing, getting an awesome tip on how to cut an avocado (legit changed my life), getting the inside scoop on the best kitchenware, and roasting citrus chicken thighs (even my 3 y/o devours these bad boys).

Laney is a natural born teacher. She explains everything thoroughly and answers all questions promptly. She is upbeat and fun. I highly recommend participating in this course. It has been an absolute game changer for me!”

Alyse Eligulashvili - Cook with Confidence Alumni



RESULTS

“I remember thinking, can I do this? Commit to cooking something every week?

I’m not kidding, I now prepare something at least five nights a week because of what I learned! Biggest difference? I actually look forward to preparing and cooking food.

Now, when I think about dinner, I feel like there are so many options in my refrigerator. Less than one month ago, I barely cooked pasta and heated up sauce. Now, I’ve made a few different sauces for pasta multiple times!

Best part? You really care about us and making us feel good about what we were doing. You continue to be so available and so responsive. So much gratitude, Laney! Thank you.”

Janet Roberts - Cook with Confidence Alumni



RESULTS

"I was part of the original Cook With Confidence class that ended two months ago, and I am still so excited about cooking! Before the class, I was so scared of making mistakes that I just ate the same (mostly boring) meals over and over.

Now that I have learned more skills in the kitchen, my confidence is higher and that fear has pretty much disappeared! I'm trying so many new recipes, and I'm even coming up with delicious concoctions on my own with what I have in my kitchen.

I'm making healthier choices, and I've never eaten so many delicious salads in my life! Laney, you went above and beyond what I thought I would get out of this class. Cook With Confidence was life changing for me. Thank you!"

Jennifer Donnelly - Cook with Confidence Alumni



RESULTS

“I am so grateful for the Cook With Confidence Program. I have always felt lost in the kitchen, but having completed the course, I now have a whole new perspective to go along with the new skills I’ve learned.

I love that I can now prepare a complete meal for my family without relying on complicated recipes or ingredients.

Dinner time is less tedious and more automated for me. My whole family is eating more balanced meals, and enjoying the process of cooking together a little more.

It is such a gift and a relief to be able to cook with confidence.

Thank you Laney!”

Brecklyn P. - Cook with Confidence Alumni

RESULTS

Its been 2 months since taking the first round of CWC. It has been the BEST gift I have ever bought/given to myself. It seriously is the gift that keeps on giving. The lessons, tips, techniques, knife skills & tricks I've learned & am still continuing to learn from Laney personally & all of my alumni students are PRICELESS! Before CWC, I was a lost soul in the kitchen, filled with anxiety, felt helpless & dreaded thinking about what in the heck was going cook my fam. Now, I love to plan out weekly dinners, I look forward to grocery shopping & I actually get compliments on meals made by ME! Never did I think I would be proud of anything I've cooked, let alone have the capability to make complete meals from scratch & sometimes even without a recipe! My whole outlook has changed when it comes to the room in my house I was completely terrified of "my kitchen". CWC is not only a game changer...it's a LIFE changer. I can't thank Laney enough for this amazing opportunity and life experience!

[REDACTED]
You've literally opened a whole new world to me. I cook every night. I throw stuff together. No scared! It's unreal. Saved us so much money and we actually use our groceries now! Ha!

4d Like Reply



[REDACTED]
YES, CONFIDENCE IS HUGE!

4d Like Reply



[REDACTED]
Kitchen confidence is good! I'm more willing to try some things with what we currently have vs needing all the "right" ingredients. No cooking meltdowns lately. 😂

4d Like Reply



[REDACTED]
Confidence is wayyyy up! Quarantine has forced me to use what I've learned so far in CWC and I've been having so much fun with cooking!

4d Like Reply



My biggest takeaway from the program is that cooking does not require perfection. You don't have that one specific ingredient? Turns out the kitchen and the world is not going to burn down around you. The recipe said to cook for 8 minutes, but it really needed 10 or it actually only took 5? No big deal. I used to think reading these recipes online that it was essentially a "this is LITERALLY the only way this works so don't mess up" type of situation. Turns out -- cooking is way more chill. This really helped me learn how to go with the flow and learn that there is no one way to do something.

COOK WITH CONFIDENCE

Cook with Confidence is an 8-week, high touch program that gives you intimate, small group support to help you achieve your specific goals in a way that works with your busy schedule.

You will receive:

- ***8 weeks of detailed curriculum***
- ***Weekly live cooking demos***
- ***Daily support via Slack***
- ***Weekly training videos + PDF's + Cheat Sheets***
- ***Access to supportive student community***

**Ready to finally reach your
goals?**

Want to work together? Click the button below to book a Discovery Call with me. On the call, I'll get to know you, ask some questions about your cooking journey, and learn about your goals.

At the end of our call, 1 of 2 things will happen: You'll either be a perfect fit, and I will extend an invitation to work with me as one of my clients...

Or, if it's not a good fit, that's totally okay too. There won't be any hard feelings and NO obligations on your part — I will suggest something else you can do to achieve your goals, and point you in the right direction.

Let's do this!

[Click here to join the waitlist!](#)