

# #CHEFTOUSKI CHALLENGE

Go to [ChefTouski.com](https://www.cheftouski.com) to do them!

At ChefTouski.com, we are convinced that cooking can be both economical, delicious, and environmentally friendly. That's why we have created a series of culinary challenges to take on (4 different boxes to discover). We can't wait to see you tackle these challenges while sharing your experiences with your community, so that everyone can benefit directly and indirectly!

Are you ready to take on these culinary challenges for the planet? Let's dive into ChefTouski's challenges!



## THE ULTIMATE SAVINGS CHALLENGE

Choose only 3 ingredients that you already have at home and use the empty-fridge tool to help you prepare a meal in its simplest, tastiest, and most efficient form.

Tip: You can always use the "Generate Another Recipe" button for more options.

Bonus: Make use of apps like FoodHero and FlashFood, which allow you to purchase discounted items, and ask ChefTouski for recipes using these purchases.



## THE ZERO WASTE CHALLENGE

With the help of the virtual chef tool, ask it to create a recipe while mentioning the zero waste goal.

Tip! If you're out of ideas, ask ChefTouski for suggestions! It will provide you with a list of zero waste recipe ideas. Then, simply ask for the details of an item from the list.

You'll be using ChefTouski in an incredibly creative way. You'll see how our virtual chef can change your habits!



## BREAKFAST WITH WHATEVER'S LEFT

Breakfast is the most important meal of the day, and Sunday mornings are often the perfect opportunity to spend a little time cooking.

Take advantage of it to use your leftovers from the fridge and freezer with the help of the empty-fridge tool. Select your ingredients, and ChefTouski will create a recipe for your breakfast.



## THE ANTI-SNACK CHALLENGE

Yes, we're going deep, but we wanted to show you just how ChefTouski has answers to various questions. Using the virtual chef tool, ask if cauliflower causes flatulence.

Ask: Can you create a recipe that causes less flatulence?

You'll see that the responses are interesting. You might have other questions for ChefTouski that are more directly related to what you cook or your diet.



Anti-waste | Economical | Time-saving | Creative

## THE ORIGINAL ECONOMICAL

# Reduce food waste and save money

## DID YOU KNOW?

Canadian households waste the equivalent of one bag of food each week. This amounts to approximately \$1,352 per household per year, while most consumers underestimate the financial impact on their own wallets that they could achieve by reducing their food waste.

It is also important to remember that food waste doesn't just cost money. It also contributes to 10% of global greenhouse gas emissions, and 61% of this waste occurs at the consumer level itself.

Source : Recyc-Québec

### A financial loss that can be avoided!

We are thrilled to introduce ChefTouski, a revolutionary cooking tool! The first virtual chef powered by artificial intelligence is ready to amaze you with its incredible abilities.

 ChefTouski

