

# Gourmet Buffet

**Skillfully prepared gourmet meals are just for you to be tasted.**

You can shop and cook or shop and eat. Start with a mini kitchen makeover. Get your simple kitchen tools ready for healthy home cooking. Begin by taking a quick look through your refrigerator, and get rid of items that have passed the expiration date: food doesn't last forever. Make some room for fresh produce. When the kitchen looks clean and inviting, it increases your enjoyment of preparing nourishing meals. Prepare food with love.

Your excitement and passion counts. It contributes to your health greatly.

I take pleasure in supermarket shopping. I go there to pick up what I need for the coming week. After I am done with my grocery shopping, I stop at a gourmet buffet also known as a salad bar. There are so many different and creatively [prepared foods](#) to choose from such as chicken wings, chicken roasted half, chebureki with chicken, lamb shish kebab, lamb ribs, goulash Hungarian, salsa with meat, chicken gyro, chicken liver, chicken rolls with spinach, beef mushrooms, baked salmon fillet, baked fish, grilled vegetables, rice with vegetables, meat pilaf, chicken pilaf, steam vegetables, blintzes with cheese, blintzes with apples, blintzes with meat and mushrooms, etc.



Salads: beet with nuts, beet with garlic, red beans, health, caesar, shrimp, crab, calamari, vegetable, eggplant, mozzarella, olives, marinated apples, and a variety of pickled vegetables, etc.



First of all, I would like to express my gratitude for the abundance of food we have in our stores, and my appreciation to people who skillfully prepared such delicious meals in the buffet.

The day I shop I usually don't cook. I prefer to shop and eat, to enjoy the convenience of freshly prepared foods. It is a simple way to choose what I like. Let people do what they do best: cook the perfect food. It saves me time and effort.

Sometimes people say to me, I don't know what to eat. Just make a pleasant trip to a supermarket and explore, experiment with a variety of absolutely tasteful and appealingly looking meals. You will definitely find the food that offers healthy vibes, and it would be impossible to resist it. Choose what appeals to you most.



The kitchen is clean. The kitchen tools are at hand. The refrigerator is full of fresh produce. The menu is planned. The food from the buffet that you have selected is ready to be eaten. Now it is time to set the dinner table beautifully, and get into a positive mood to make your mealtime joyful.

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