

DC Housing Expo & Home Show

Meet the Chefs



Culinary Presentation & Demo

Saturday, June 15, 2019 | 10 am – 3 pm | Washington Convention Center Hall D



10:00 am

Chef Monte Brown

Simple Breakfast Solutions: quick, fast & Healthy
Smoothies, meals & ENERGY!!

 [tastetheoccasioncatering](#)

 [@tastetheocassion](#)



11:00 am

Chef Marcia Wright

Kale Yeah!!

 [sweetmossies](#)

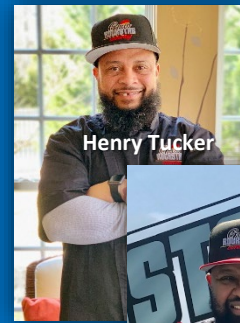
 [@sweetmossies](#)



12:00 pm

Chef Annette McLamb

Cooking Keto
fifoodmealprep@gmail.com
fitfoodmealprepservices.com



Henry Tucker



Anthony Wright

1:00 pm

Chefs Henry Tucker & Anthony Wright

Grub Rockstar Catering
Summer Time Healthy Grilled Main Course:

Grilled Flank Steak with GrubRub Seasoning Blend accompanied by Corn Kale salad with red onions and roasted red peppers.

 [@grubrub15](#) [@hellofa1](#) [@tonylamar007](#)

 [@grubchef](#) [@grubrockstar](#)



2:00 pm

Chef Padua Player "SugaChef"

Dessert Made Simple

Green Apple Cobbler

  [sugachefdesserts](#)

See You at the Expo!