



# Rates

## Personal chef

### Full package (20 portions)

- 5 complete meals (protein, veggies & starch) x 4 portions
- \$295 plus the cost of ingredients (on average \$75-\$100)
- Perfect for those who prefer complete and balanced meals, even when mid-week schedules prevent them from having time to cook.

### Express package (12 portions)

- 3 choices of protein with condiment/sauce x 4 portions
- \$190 plus the cost of ingredients
- Excellent choice for those clients who need a last-minute back up plan for dinner; leaves flexibility for a fresh side dish of the client's own making or choosing.

## Cooking parties

Three-course classes begin from \$75 per person (10 participant minimum).  
Contact me for a personalized quote for your private classes and events.