

PERSONAL CHEF PROCESS



Menu Design:

Our dietitian and chefs consider your whole family's health needs, preferences, lifestyle, and budget. We run all menus by you for approval.



Transportation:

We come to you! No need to grocery shop or pick up your meals at a particular location. We cook in your kitchen and leave the food in your fridge.



Ingredient Selection:

Never shop again. We'll source your favorite foods however you prefer, whether from a local vendor or discount outlet. Flexible sourcing allows us to pass savings on directly to you.



Meal Preparation:

Do you like to repeat known foods or live on the wild side? Whatever your preference, we can make it. Working within the constraints of a special diet? We'll tailor our meals directly to your needs without sacrificing flavor.



Packaging:

Family style, individual portions, kids' lunchboxes... we've got your portioning and packaging needs covered. Additionally, reduce waste by utilizing your personal storage containers- we'll follow your lead with glass or plastic.