

CLEAN NATURE



In-Home Chef Services



Ashley Chavez is a culinary nutritionist, personal chef, and yoga teacher based in the Morongo Basin area. She specializes in cooking nourishing, well-balanced meals packed with flavor. Her family-style approach gathers people around the table to cherish community and connection.

Due to her passion for health and wellness, she's found a deep love in cooking for yoga and other related like-minded retreats.

Ashley attended Bastyr University where she studied nutrition and culinary arts. She is trained in Ayurvedic nutrition, therapeutic cuisine, and has worked alongside classically trained chefs.

"Food is the most grounding and connective bridge to another person's heart and soul."



\$450 daily minimum + cost of groceries

Each menu is unique, seasonal, and tailored to each client after completing a comprehensive evaluation of allergies, food sensitivities, diet preferences, and goals. The client has the opportunity to co-create a menu or leave it up entirely to the chef. These personal chef services help alleviate the stress of feeding you and your family healthy but flavorful food with nourishing, chef-prepared meals. Weekly services and ongoing correspondence build client-chef trust and give me an opportunity to not only feed you, but share practical healthy solutions for you to incorporate on a daily basis. In-home chef services are not the same as a standard meal prep service: 90% or more ingredients are organic, items utilized from chef's pantry which includes high quality oils and vinegars, spices, legumes, grains and flours, cultured ghee, from scratch staples, and other specialty ingredients.



Choose from any of the following, or switch it up weekly:

Option 1

3 Mains

3 Sides

Option 2

2 Mains

2 Sides

Choice of Soup, Salad, or Dessert

Option 3

1 Main

1 Side

Soup

Salad

Dessert

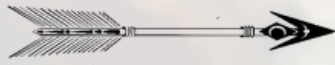
Option 4

1 Main

3 Sides

Dessert

Choice of Soup or Salad



Pricing

Standard: \$450 daily minimum + cost of groceries.

4 weeks: \$1,750 (save \$50)

12 weeks: \$5,200 (save \$200)

Bi-weekly (every other): \$1,700 (save \$100)



Details

- If cooking for 1-2 people, portions are generous and typically can feed twice.
- If cooking for 3+ people, 1x servings are portioned. Additional fees are subjected if more servings are requested weekly.
- Cooking is done on-site and assumes a kitchen with a working stove, refrigerator, and oven. Please inquire if on-site cooking is not available.
- Bi-weekly services have a 2-month minimum.
- Menus are entirely customizable and whole foods based.
- I aim to buy 90% organic, always favoring prana-rich fresh produce.
- Additional requests are subjected to additional fees.
- Services include travel for up to 20-mile radius. If traveling beyond, fee is \$1 / .5 mile.
- A 50% refundable grocery + service deposit is due at least 2 days in advance from cook date. Remaining costs will be deducted from the total, which can be paid in advance or on cook date.
- Client may choose to provide tupperware, or compensate chef for providing new food safe containers to keep.
- Option to swap for a breakfast dish



Sample Menus

Mains

Ayurvedic Kitchari, Coconut Mint Chutney (v)
Coconut Chicken Teriyaki Stir Fry (can be made v)
Sous-vide Filet Mignon, Rosemary Port Vino Sauce
Lemon Oregano Chicken, Ladolemono
Spaghetti Squash Pasta, Tomato Basil Sauce (v)

Sides

Whole Wheat Chapati Bread (v)
Cauliflower Ceviche (v)
Roasted Root Veg, Chimichurri (v)
Golden Cashew Rice (v)

Soups

Moroccan Meatball
Carrot Miso Ginger (v)
Lemon Lentil (v)
Turmeric Roasted Cauliflower and Fennel (v)

Salads

Sweet Potato Kale, Creamy Lemon Miso
Radicchio, Pomegranate and Arugula, Honey Vinaigrette
Sweet Beet and Lentil Sprout Salad, Tarragon Vinaigrette

Please see Retreat Sample Menu's for desserts