

# IN-HOME CHEF SERVICES

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

Ashley Chavez is a culinary nutritionist, wellness chef, and Ayurvedic yoga teacher. 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.

Her passion for health, adventure, and holistic well-being developed into a deep love for cooking for yoga, wellness, hunting and other 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.







### **\$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 entirely up 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.





# 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, Lemon Oil Sauce  
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  
Sweet Beet and Lentil Sprout Salad, Tarragon  
Vinaigrette

Please see Retreat Sample Menu's for desserts



*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 meal per day for 5 days





# PRICING & DETAILS

**\$450 daily minimum + cost of groceries.**

- Abundant Portions: if cooking for 1-4 people, expect 2 servings per dish.
- Additional fees are applied if more servings are requested.
- Cooking can be done on or off site.
- Menus are entirely customizable and whole foods based.
- We aim to buy 90% organic and favor local, prana-rich and seasonal foods, herbs and spices.
- Services include travel for up to a 20-mile radius. If traveling beyond, fee is \$1 / .5 mile.
- 50% deposit is due upon booking chef services. 25% is non-refundable unless spoken about in advance. Remaining 25% is fully refundable up until 48 hours of delivery.
- Client may choose to provide tupperware or compensate chef for providing new food safe containers to keep.