

The private Chef

 @lalaesperanza

IN-HOME MEAL PREP

Private Chef



Time-saving convenience



Reduced stress and effort



Fresh and seasonal ingredients for your family



We left the kitchen clean and tidy after the visit, minimizing any post-cooking cleanup on your part.



Health-conscious approach

Other Services



Time and effort to choose what to eat and check if it fits the needs of the family.



YOU cook the meals after a long day.



Leftovers scattered around the kitchen in small bags without a future of being part of a meal.



Washing up of pots, pans, chopping board and extra kitchen utensils to clean after the meal.



A lot of sauces pre made with unhealthy stuff

MOST POPULAR

In-Home Meal Prep

Spend less time on batch cooking and more time enjoying the good moments with our Private Chef Meal Prep services. ***We will come to your home and stock your fridge with delicious weekly meals, all lovingly prepared in your own kitchen.***

With our In-Home Meal Prep package, you'll receive a visit from a chef who will cook up a minimum of 20 servings of delightful and healthy chef-made meals for you and three of your family members for the week.

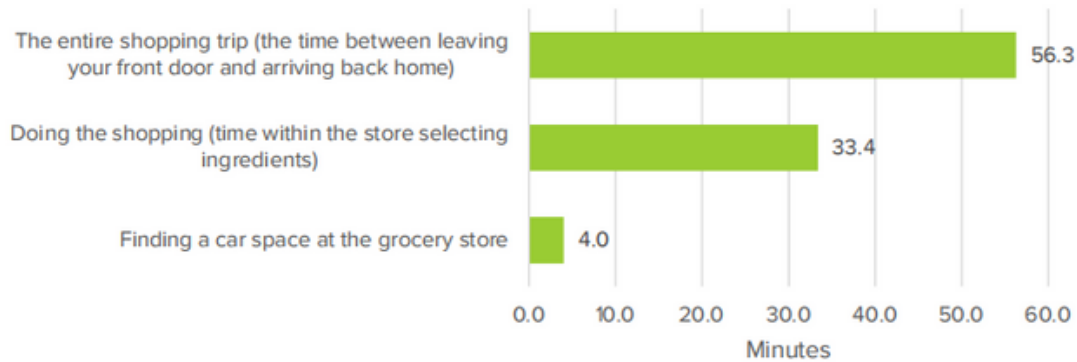
We understand that time is incredibly valuable these days, so we take the ***stress out of your kitchen time—the planning, the washing up***—ensuring you can rest well at the end of the day. After our work is done, ***we will leave your kitchen spotless.***

We will handle the shopping and bring all the ingredients along. You only need to ***provide basic kitchen equipment and make some space in your fridge.***

Our ***chefs will cook right in your kitchen***, rather than simply delivering meals. This ensures the utmost freshness and allows you to savor the homemade love, because nothing beats homemade meals.

Australian's cooking landscape

Q. When grocery shopping, how long would you typically spend doing the following?
(Average number of minutes spent)



Groceries
hour a week

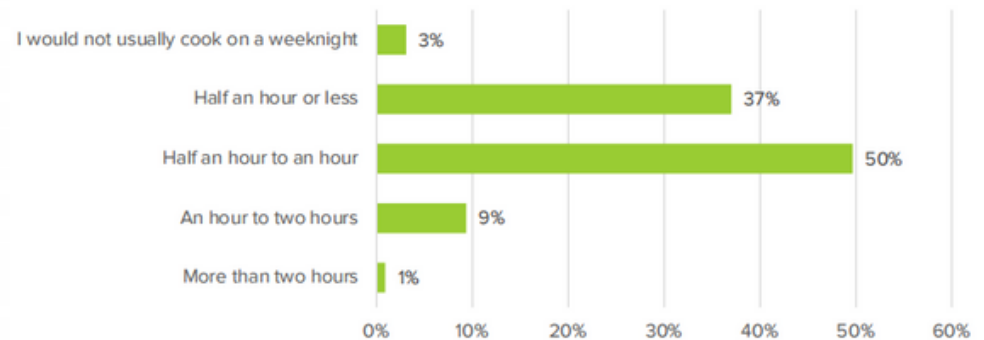
Time spent on a weeknight



Daily cooking time
hour a week

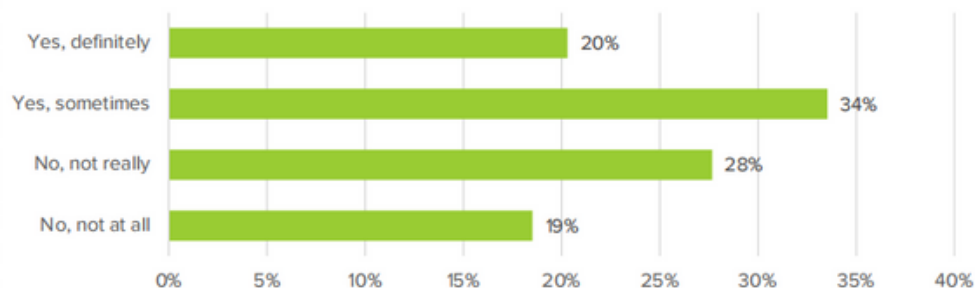
Time spent cooking on a weeknight

Q. On an average weeknight, how much time would you, or the main cook in your household, usually spend preparing dinner?



Cooking can be more stressful than going to work or doing household chores

Q. Do you ever feel that throwing a dinner party or cooking for your family/household is more stressful than going to work?



More than half of Australians (54%) feel that throwing a dinner party or cooking for their family/household is always or sometimes more stressful than going to work.

IN-HOME MEAL PREP

SAVING TIME



Private Chef

HOLA I AM SANDRA

I am a skilled and passionate meal prep chef with a dedicated focus on creating delicious and nutritious meals tailored to special dietary needs. With extensive experience in the culinary industry, I have developed a deep understanding of various dietary restrictions and take pride in crafting meals that are both satisfying and aligned with individual health goals.

Throughout my career, I have honed my expertise in catering to a wide range of special diets, including but not limited to gluten-free, vegan, vegetarian, paleo, and keto. By combining my culinary creativity with an in-depth knowledge of specialized ingredients and cooking techniques.

What sets me apart is my commitment to personalization. I firmly believe that healthy eating should never compromise on taste or variety. Collaborating closely with clients, I ensure that every meal plan is tailored to meet specific dietary requirements while also incorporating diverse flavors and culinary influences.



Personalized Flavor Experiences or Dietary

We take pride in specializing in accommodating various dietary preferences. We understand that everyone has their own unique needs when it comes to food. ***If you would like to have a particular menu tailored specifically to your preferences, we are more than happy to make that happen. However, please note that an additional cost may apply to cover the personalized customization.*** Our goal is to ensure your utmost satisfaction by providing a delightful culinary experience that is tailored to your individual tastes and requirements.



Menu

20 x Chef-Made Meals, Stored Fresh

Please select four options from the choices below:

1. Balsamic Roasted pumpkin with spinach and crunchy chopped pepitas with turkey meatballs. (GF) **(KidF)**
2. Chicken rice with almonds, peas, fresh herbs, and fresh seasonal salad.(GF) **(KidF)**
3. Tuna and vegetables Loaf with steamed veggies.(GF)**(KidF)**
4. Maple-Roasted Chicken Thighs with roasted root vegetables. (GF)
5. Caribbean lentils and capsicum Stew with rice. (GF)**(KidF)**
6. Potatoes fritata with caramelized onion and bacon with steamed veggies(GF)**(KidF)**
7. Peri-peri chicken with Mediterranean Rice (GF)**(KidF)**
8. Mexican Chicken Tacos (GF) **(KidF)**
9. Chicken Fajitas**(KidF)**
10. Chicken stew with hidden veggies and Basmati rice (GF) **(KidF)**
11. Sesame pork noodles with seasonal stir-fried vegetables **(KidF)**
12. Soothing Spiced Lentil Delight with Creamy Coconut (GF)
13. Macaroni & Cheese with Broccoli (GF) **(KidF)**
14. Chicken Fried rice (GF)**(KidF)**
15. Veggies and tofu fried Quinoa (GF)
16. Tuna patties with Beetroot and carrot Salad (GF) **(KidF)**
17. Creamy chicken pesto pasta **(KidF)**
18. Mexican-style stuffed capsicum filled with a spiced beef, rice and sweet corn (GF) **(KidF)**
19. Middle Easter Cannellini Beans Soup with tortilla flat bread
20. Middle Easter couscous with chicken and baby spinach
- 21 Traditional Cottage Pie (GF) **(KidF)**
- 22 Sweet potatoes and lentils cottage pie (GF) **(KidF)**

4 x Serves of snacks

1. Boiled Eggs
2. Chopped fresh fruit 1
3. Chopped fresh fruit 2
4. Chopped fresh vegetables with Hummus
5. Homemade cookies

Additionalz

Additional winter Meals \$60 /4 serves

1. Chicken and corn soup. (GF)
2. Zucchini fritters (GF)
3. Pesto pasta with cheese and crispy Prosciutto
4. Home made Muesli
5. Lentils Soup
6. Chill con carne with corn chips

Additional Breakfast Meals \$60 /4 serves

1. Chia pudding with fruit. (GF)
2. Cinnamon and vanilla spiced granola with yogurt.
3. Seasonal fruit compote with yogurt and almonds (GF)
4. Breakfast Bliss balls (GF)

Equipment You'll Provide

Kitchen

We created the menus based on essential items a kitchen should have. Below is a checklist in order to have a successful cooking day. Feel free to contact us in case you don't have one of them.

- Containers (30 Medium)
- Rice cooker
- Air-fryer
- Oven
- Chopping Board
- Microwave
- Refrigerator and freezer
- Dishwasher
- Pans
- Pantry
- Peelers
- Rubbish Bin
- Baking Tray
- Baking Paper
- Salad & Vegetable Spinner Washer
- Cleaning utensils
- Kitchen paper
- Spoons- tongs
- Spatula
- Wooden spoons
- Bowls
- Baking trays or baking pots
- Tea towels
- Salt
- Olive oil or avocado oil
- Pepper
- Special Herbs if you have fav.

MOST POPULAR

In-Home Meal Prep



(2 KIDS- 2 ADULTS)

20 X SERVES OF DELICIOUS
MEALS
CHEF-MADE MEALS COOKED IN
YOUR KITCHEN, STORED FRESH
FOR 5 DAYS

4 X SERVES OF SNACKS

\$146.24 PP apox + GST

\$585 weekly + GST

How In-Home Meal Prep works

1

Confirm your booking by choosing five meals from the menu options, and kindly let us know if you have any special requests.

2

Once you have approved this menu, please make the required deposit to confirm your booking. Please note that your reservation will not be considered confirmed until the deposit has been paid.

3

The chef will arrive in your house, with all the fresh ingredients ready to cook, serve, label and leave your kitchen sparkling clean afterwards.

Payment

To secure your booking, a 50% deposit is required. You can make the deposit based on approximate numbers, then in the week prior to your meal preparation, you can pay the remaining balance based on actual numbers.

Terms and Conditions

All menu items are subject to change according to seasonality and availability. For the health and safety of you and your family, you must consume food served as per labels.

We also offer a bespoke and unique
culinary experience for your important
event.