A person wearing a white apron is holding a clear plastic meal prep container. The container is filled with a salmon fillet, a slice of lemon, and some green vegetables. The background is a kitchen with a sink and a tiled wall. The image has a teal overlay.

Cooking Ahead, Cooking Smart
The Meal Prep Academy

The private Chef

@lalaesperanza

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.



A person wearing a white shirt is shown from the chest down, preparing food. They are using chopsticks to mix ingredients in a dark bowl. In the foreground, another dark bowl is filled with a dish that appears to be dumplings or small pasta pieces, garnished with green herbs and a dark sauce. The background is a plain, light-colored wall. The entire image has a light blue tint.

 **Efficiency Meets Flavor: Discover the secrets of efficient meal prep without compromising on taste. I will unveil techniques that save time while enhancing the flavors of your dishes.**

 @lalaesperanza

Cooking Ahead, Cooking Smart: The Meal Prep Academy

- **One-on-One Guidance:** Experience personalized attention as Sandra guides you through each step. Get expert tips, tricks, and insights that are usually reserved for the pros.
- **Hands-On Experience:** Don't just watch – roll up your sleeves and immerse yourself in the culinary process. Master knife skills, cooking techniques to be efficient with your Meal prep
- **Meal-Prep Mastery:** Learn the secrets of efficient meal preparation that saves time without compromising on flavor. Discover how to plan, prep, and store meals for a week of culinary excellence.

Our Class Offerings

Shopping List: We will provide a Shopping list with all of the ingredients we will need to have for the cooking day.

Basic Culinary Fundamentals: Perfect for beginners, this class covers foundational techniques, knife skills, and essential recipes for everyday cooking.

Healthy Meal Prep: Unlock the secrets of balanced and nutritious meal prep. Learn how to create wholesome dishes that are suitable to have in the fridge for days.

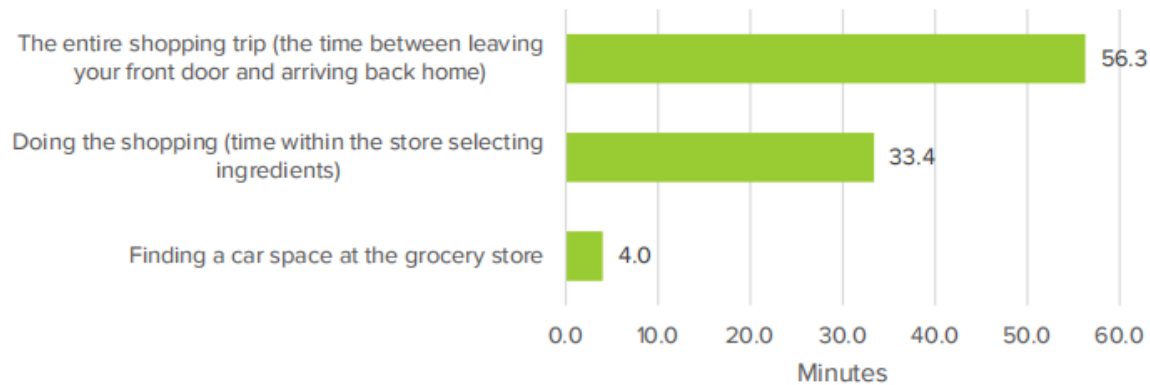
Gourmet Delights: Elevate your cooking skills with gourmet recipes that impress. From exquisite meals to decadent de snacks, Sandra will guide you through the finer points of gourmet cooking.

You will receive a comprehensive PDF containing all the recipes and the step-by-step process covered in the workshop. Keep the culinary magic alive in your kitchen long after the course concludes.

\$269 + GST

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

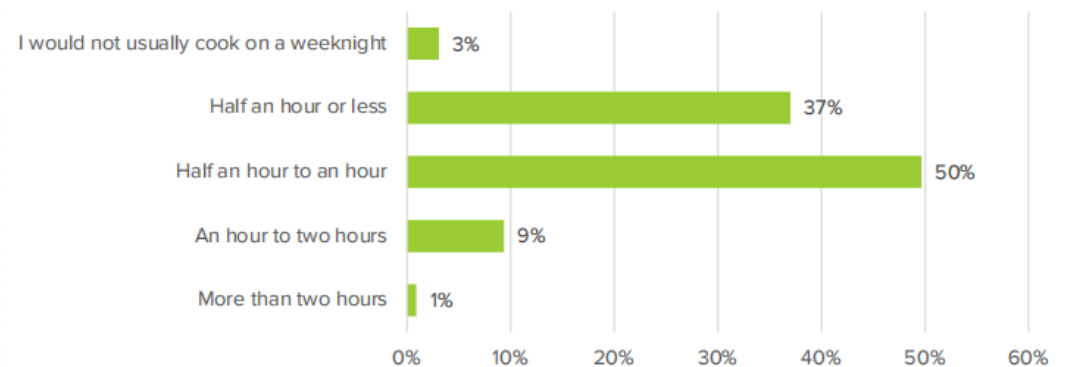
Time spent on a weeknight



Daily cooking time
hour a week

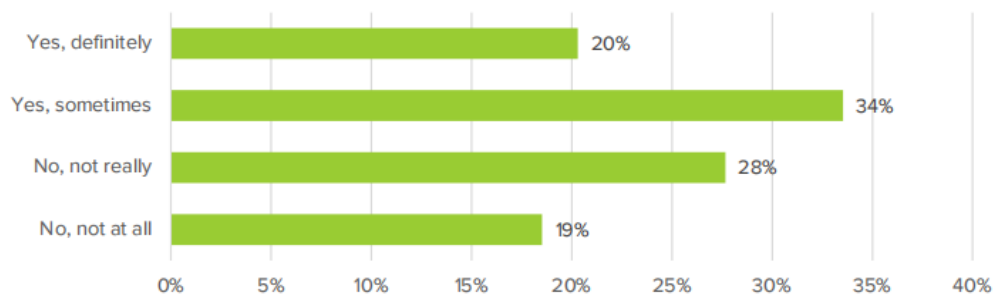
Time spent cooking on a weeknight

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.

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.

For inquiries and registration, contact us [Unleash your culinary potential with Sandra and embrace the art of meal preparation.](#)

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

Terms and Conditions

Enrollment:

Registration is confirmed only upon receipt of the full payment.

Cancellation:

Cancellation by the participant must be done 5 days prior to the first session for a partial refund.

Cancellation after this period will result in a forfeit of the entire fee.

Class Content:

The class curriculum will be discussed and agreed upon before the first session.

Sandra reserves the right to modify the curriculum based on the participant's skill level, preferences, and available ingredients.

Ingredients and Equipment:

Participants are responsible for providing their own ingredients and equipment, unless otherwise agreed upon with the instructor.

A list of required ingredients and equipment will be provided before each session.

Liability:

Participants are responsible for ensuring they do not have any allergies or dietary restrictions that could be affected by the ingredients used in the class.

Participants agree to follow instructions carefully to ensure their safety during cooking.

Intellectual Property:

Any recipes, techniques, or materials shared during the class are for personal use only and may not be reproduced, distributed, or used for commercial purposes without written consent