



PERSONAL CHEF PRICING

TIER 1	3 CUSTOMIZED ENTRÉES 4 servings of each* Total of 12 meals	\$250 + cost of food**
TIER 2	4 CUSTOMIZED ENTRÉES 4 servings of each* Total of 16 meals	\$300 + cost of food**
TIER 3	5 CUSTOMIZED ENTRÉES 4 servings of each* Total of 20 meals	\$350 + cost of food**
TIER 4	6 CUSTOMIZED ENTRÉES 4 servings of each* Total of 24 meals	\$400 + cost of food**

* 2-serving options available

** See attached Average Cost of Food (2022)

ADDITIONAL SERVINGS	May be added to any entrée	\$10 + cost of food
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À LA CARTE ADD-ONS	Additional nutritional support for busy days Made in standard batch sizes*	\$25 + cost of food
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À la Carte Examples: seasonal frittata muffins & quiches, whole-grain breakfast muffins, breakfast porridges & parfaits, protein salad (chicken, tuna, egg, chickpea), grain/bean salads, organic meatballs & kabobs, homemade hummus or other dip with fresh-cut veggies, energy balls, healthy desserts, low-sugar beverages (green juice, smoothies, homemade kombucha, caffeine-free herbal lattes)

***Standard batch sizes:** 1 dozen muffins, 1 quart protein salad, 1 pint hummus, 4 individual parfaits, 1/2 gallon smoothies & beverages



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IN-HOME COOKING CLASSES

personalized instruction from one of our professional chef/nutritionists

\$125/hour + cost of food
2-hour class minimum

DELIVERY/TRAVEL FEES*

< 10 miles	free
10-15 miles	\$20
15-20 miles	\$30
20-30 miles	\$40
30-40 miles	\$50
40-50 miles	\$60
50-60 miles	\$70

*Additional surcharge may incur when average gas prices exceed \$5/gallon.

At Gather Around Nutrition, we invest in our local food economy. We source high-quality organic produce, wild-caught seafood & sustainably raised meats, with an emphasis on foods that are in-season & grown locally. We believe these practices support healthy bodies while upholding reciprocal relationships within our food systems.

As a team of nutritionists, health is always on our mind. We choose to cook with healthy oils such as first-pressed olive oil, unrefined coconut oil, organic sesame oil & avocado oil. We use only natural sweeteners, such as local raw honey, organic maple syrup & coconut sugar. Our food is free of additives & preservatives.

We also strive to be as low-waste as possible. We use glass food storage containers & mason jars, erasable labels, and double-walled cardboard boxes for deliveries that are reused again & again.



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Average Cost of Food (2022)

TIER 1	VEGAN/VEGETARIAN	2 servings	\$80
		4 servings	\$120
	OMNIVORE	2 servings	\$90
		4 servings	\$135

TIER 2	VEGAN/VEGETARIAN	2 servings	\$100
		4 servings	\$160
	OMNIVORE	2 servings	\$145
		4 servings	\$180

TIER 3	VEGAN/VEGETARIAN	2 servings	\$135
		4 servings	\$200
	OMNIVORE	2 servings	\$150
		4 servings	\$225

TIER 4	VEGAN/VEGETARIAN	2 servings	\$160
		4 servings	\$240
	OMNIVORE	2 servings	\$180
		4 servings	\$270

ADDITIONAL SERVINGS	VEGAN/VEGETARIAN		\$8
	OMNIVORE		\$10

À LA CARTE ADD-ONS	VEGAN/VEGETARIAN	standard batch size	\$10
	OMNIVORE		\$15

* Additional charges may incur for certain seafoods, animal proteins, and specific therapeutic diets.