



GATHER AROUND NUTRITION

offers customized meal prep services, tailored specifically to meet your dietary needs & preferences, all while using farm-fresh organic & local produce and sustainably-raised meats & seafood. Working with us allows you to have one-on-one support with our therapeutic chefs to help you achieve your wellness goals. As a team of nutritionist we have experience with all types of therapeutic diets! Our meal prep services make healthy eating easy & fun by providing you with constantly rotating menus inspired by world cuisines that are packed full of nutrition. Our services are a great alternative to take-out and grab-and-go meals, as we use high-quality ingredients, healthy oils, natural salts, and lots of local, in-season vegetables in each meal!



Take the stress out of meal planning, cooking & cleaning, and let us take care of that for you!

www.gatheraroundnutrition.com
gatheraroundnutrition@gmail.com
(707) 477-9624

AS PROFESSIONAL NUTRITIONISTS,

we know there is no one-size-fits-all approach to wellness, which is why our menus are created just for you! Each client is paired one-on-one with a therapeutic chef, who then creates a custom menu each week based on the specific health goals and dietary needs of each client. We have experience working with all types of therapeutic diets, and no matter what restrictions you may have, we will prepare meals for you that are nutrient-dense & delicious! We love including plant-based options on all of our menus for anyone wanting to try out more vegetarian dishes, but isn't quite sure where to start.



We always work with organic fruits and vegetables and we especially prioritize working with seasonal produce from local farms! We design each menu to highlight what is most delicious and fresh each season. We believe that eating in harmony with each changing season supports optimal health by incorporating a variety of different fruits and vegetables that are picked at their peak freshness & nutrition content. We also believe strongly in supporting local food producers to strengthen the local economy and reduce our carbon footprint. The meats and poultry we use are always hormone-free, grass-fed and pasture-raised and/or organic. We buy our fish directly from local native fisherfolks whenever possible, and we always purchase pasture-raised eggs and grass-fed dairy.

In an effort to be as low-waste as possible, we offer reusable glass containers to all of our clients as a way to minimize our use of plastic and provide an easy and safe manner to store and reheat food.



HERE'S HOW IT LOOKS:

1 We start with a consultation phone call, then a complete online intake in which we learn all about your dietary preferences and health goals. [Book your free consultation here!](#)

Then we pair you with a chef! Your chef will then create a customized menu tailored just for your dietary needs and preferences every week (or however often you wish to receive services). Remember these are created and customized just for you and your family's needs, no one size fits all approach here! These menus also include a la carte items such as healthy snacks and grab-n-go breakfasts to add further support during busy weeks! You can see some examples of [sample menus here.](#)

3 You will receive your custom menu each week prior to your scheduled services, then over the weekend, you select menu items that look best and place your order for the following week.

On your scheduled day of service, your chef will either come to your home to prepare all your meals for the week or prepare them off site and deliver them to you. Our clients may choose whether option they prefer. Either chose will leave you with a clean kitchen and a fridge full of ready to heat and eat meals for the week!

4



Meal delivery can be weekly, every other week, or monthly. Depending on what works best for you! We do have a minimum order of 3 entrees per delivery day, and we offer either 2-portion or 4-portions of each entree.

Meals can be packaged into containers family style or individually portioned and can be made freezer-friendly if desired. Freezer-friendly can be a great option for clients not looking for weekly services, as it allows you to stock up on healthy meals and enjoy them at your own pace.

Each delivery the meals come packaged in reusable glass containers to store and reheat meals with ease. Just put out your clean containers from last week and we will trade them for your meals for the week! When services begin we ask for a container deposit for our containers, this deposit is partially refunded to you whenever you decide to stop services.



NUTRITION

CUSTOMIZED MEAL PREP PRICING

Many people are surprised to learn that our meal delivery and therapeutic personal chef services are comparable to what they are already spending on takeout and delivery, but we offer much higher quality and healthier meals custom-fit to your dietary needs.

We use two different pricing models, depending on whether your chef prepares meals in your home, or if they are prepared off-site & delivered to your door.

For **In-Home Services**, we use Service-Rate Pricing. We bill you for the cost of services, plus a reimbursement for grocery receipts. Your chef will use ingredients from your cupboards and fridge as needed, and will shop for any produce, meats, and other ingredients needed to prepare your menu for the week. Your chef will leave your kitchen clean, and your meals stored & ready for you to enjoy throughout the week. Any leftover ingredients will stay at your house.

For **Delivery Services**, we use Flat-Rate Pricing. We bill you for the cost of services, plus a flat fee for the cost of food, based on the average cost of food and the quantity of meals ordered. Your chef will prepare meals in their own kitchen and deliver them right to your door, on the same day they were cooked for optimal freshness.

Our service minimum is 3 Customized Entrees, and you can choose to have either 2 or 4 servings of each, or more if you'd like! Our service rate remains the same up to 4 servings, and then there is an additional service charge for each servings over 4.

Our service rate includes the time spent creating a custom menu for you, shopping for ingredients, preparing the food, packaging the meals, cleaning up, and delivering your meals (or storing in your fridge).

3 ENTRÉES	\$275 + cost of food
4 ENTRÉES	\$325 + cost of food
5 ENTRÉES	\$375 + cost of food
6 ENTRÉES	\$425 + cost of food
À LA CARTE ITEMS	\$25 + cost of food
ADDITIONAL SERVINGS	\$15 + cost of food



NUTRITION

FLAT-RATE PRICING

The following prices are for our **flat-rate delivery services**, and they include the cost of food & service.

3 ENTRÉES	Vegan/Vegetarian	2 servings 4 servings	\$355 \$395
	Omnivore	2 servings 4 servings	\$375 \$425
4 ENTRÉES	Vegan/Vegetarian	2 servings 4 servings	\$435 \$485
	Omnivore	2 servings 4 servings	\$460 \$525
5 ENTRÉES	Vegan/Vegetarian	2 servings 4 servings	\$510 \$575
	Omnivore	2 servings 4 servings	\$545 \$625
6 ENTRÉES	Vegan/Vegetarian	2 servings 4 servings	\$585 \$665
	Omnivore	2 servings 4 servings	\$625 \$725

Additional servings may be added to any Entrée at \$25 (veg) to \$28 (omnivore) per serving.

Please note that these prices are based on the average cost of food. Certain higher-end seafoods, animal proteins, and specific therapeutic diets may incur additional charges.

Note that the 4-servings option is our more economical pricing plan.



NUTRITION

FLAT-RATE PRICING

Our "a la carte" items include healthy snacks & desserts and grab-n-go breakfast items to add further support during busy weeks. These prices include the cost of food & service.

À LA CARTE ITEMS	Vegan/Vegetarian	standard batch size	\$40
	Omnivore	standard batch size	\$45

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 size: 1 dozen muffins, 1 quart protein salad, 1 pint hummus, 4 individual parfaits, 1/2 gallon smoothies & beverages

DELIVERY/ TRAVEL FEES	<i>calculated as the one-way distance between client's location and our central kitchen in North Portland</i>	< 10 miles	free
		10-15 miles	\$25
		15-20 miles	\$35
		20-30 miles	\$45
		30-40 miles	\$55
		40-50 miles	\$65
		50-60 miles	\$75

IN-HOME COOKING CLASSES	<i>Hands-on, interactive classes taught by one of our professional nutritionist/chefs, that are customized to your experience level & personal goals. Knife safety, culinary techniques, and nutritious whole-foods recipes included!</i>	\$125/hour plus cost of food 3-hour class minimum
--------------------------------	---	--

To see a detailed breakdown of our pricing plans, including the average cost of food for 2024, please see the following page.



NUTRITION

COST OF SERVICE + AVERAGE COST OF FOOD

Below is our Cost of Service listed separately from the Average Cost of Food.

For **in-home services**, we will charge the Cost of Service plus a direct reimbursement for receipts.

Order	Cost of Service	Cost of Food (2024 Average)			Total Cost
3 ENTRÉES	\$275	Vegan/Vegetarian	2 servings	\$80	\$355
			4 servings	\$120	\$395
		Omnivore	2 servings	\$100	\$375
			4 servings	\$150	\$425
4 ENTRÉES	\$325	Vegan/Vegetarian	2 servings	\$110	\$435
			4 servings	\$160	\$485
		Omnivore	2 servings	\$135	\$460
			4 servings	\$200	\$525
5 ENTRÉES	\$375	Vegan/Vegetarian	2 servings	\$135	\$510
			4 servings	\$200	\$575
		Omnivore	2 servings	\$170	\$545
			4 servings	\$250	\$625
6 ENTRÉES	\$425	Vegan/Vegetarian	2 servings	\$160	\$585
			4 servings	\$240	\$665
		Omnivore	2 servings	\$200	\$625
			4 servings	\$300	\$725
À LA CARTE ADD-ONS	\$25	Vegan/Vegetarian		\$15	\$40
		Omnivore		\$20	\$45
ADDITIONAL SERVINGS	\$15	Vegan/Vegetarian		\$10	\$25
		Omnivore		\$13	\$28

In-Home Services = Cost of Service + a direct reimbursement for grocery receipts.

Delivery Services = Cost of Service + Cost of Food (2024 Average) as detailed above.



NUTRITION

CONTAINER DEPOSIT INFORMATION

We use glass storage containers so you can safely reheat your meals in the microwave or oven. We collect a deposit upon starting services, which is fully to partially refundable upon cancellation, depending on use.

GLASS CONTAINER DEPOSIT

3 Entrées 2 servings	\$60
3 Entrées 4 servings	\$120
4 Entrées 2 servings	\$80
4 Entrées 4 servings	\$160
5 Entrées 2 servings	\$100
5 Entrées 4 servings	\$200
6 Entrées 2 servings	\$120
6 Entrées 4 servings	\$240

- Up to 2 months: full refund
- 2-12 months: 75% refund
- 1-2 years: 50% refund
- 2+ years: 25% refund



**PLEASE BE IN TOUCH TO
LEARN MORE & SEE IF OUR
MEAL PREP SERVICES ARE
RIGHT FOR YOU!**



NUTRITION

www.gatheraroundnutrition.com
gatheraroundnutrition@gmail.com
(707) 477-9624

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.