



Tina Malonis

HEALTH & LIFESTYLE COACHING

HEALTH COACH • CULINARY NUTRITION • PERSONAL CHEF

 **thetastefultable** PERSONAL CHEF SERVICE

Healthy cooking services. Meals created around dietary restrictions taste preferences.

**COST OF ONE DAY OF COOKING IN YOUR KITCHEN BY A CULINARY NUTRITION CHEF.**

In-home cooking includes food shopping, prep, cooking, packaging, and clean up.

- 1** 2 entrees with 2 sides each, salad and dressing for 2 people \_\_\_\_\_ \$300
- 2 entrees with 2 sides each, salad and dressing for 4-6 people \_\_\_\_\_ \$350
- 3 entrees with 2 sides each, salad and dressing for 4-6 people \_\_\_\_\_ \$550

**Possible Additional Fees:**

- Grocery shopping \$20/hr
- Cost of groceries
- 1 hour of research for diet menus \$40
- NYS service tax (8.875%)
- Possible cab fare from grocery store

**Sample Cost:**

2 entrees with 2 sides each, salad and dressing for 4-6 people _____	\$350.00
customized meal plan _____	\$40.00
NYS service tax 8.875% x \$350+40 _____	\$34.60
<b>sub total</b> _____	<b>\$424.60</b>
cost of groceries _____	\$150.00
cab _____	\$10.00
<b>total</b> _____	<b>\$584.60</b>

**ONE-ON-ONE COOKING**

in-home cooking lessons, in NYC area

Learn cooking skills in your kitchen to nurture yourself with delicious home cooking.

- 2** 1 person for 2-hour sessions \_\_\_\_\_ \$150
  - 2-3 people person for 3-hour session \_\_\_\_\_ \$400
- Plus tax, and possible shopping, groceries, and cab fees.

**MEAL PLANNING AROUND DIETARY RESTRICTIONS**

Online service,

- 3** • 7 or 14 day meal plan
- breakfast, lunch and dinner with 2 snacks per day
- some items may repeat
- shopping list and recipes included

\$75 / \$150

Thank you!

Chef Tina

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