

A person is sitting on a blue chair, eating a meal. The meal consists of a white plate with rice, a piece of fish, and some vegetables. There is a glass of wine and a bottle of wine on the table in front of them. The person is wearing a black top and blue jeans. The background is a bright, sunny outdoor setting.

WELCOME TO SALT + CHARM

*Luxury Service with
Southern Hospitality*



From our founder:

At Salt & Charm, we understand hospitality is more than just a service—it's an experience. The moments shared around the table with loved ones bring joy, connection, and a sense of belonging. And when paired with exquisite food and impeccable service, those moments become unforgettable.

From your everyday meals to special celebrations, we are honored to be part of your table. Our team specializes in luxury dining, where every detail is thoughtfully planned, each dish is crafted with care, and your unique requests are met with precision and warmth.

Let us take care of the details so you can savor every bite—and every moment. We look forward to feeding you!

xoxo,
Abbye and the Salt+Charm team

Welcome to Salt+Charm's Personal Chef Service!

Delicious, chef-prepared meals—without all of the work.

At Salt & Charm, we believe food should nourish more than just your body—it should bring ease and joy to your life. Whether you're a busy professional, a parent managing endless to-dos, or simply someone who loves great food without the hassle of cooking, we're here to help.

Our highly trained personal chefs take care of everything—menu planning, grocery shopping, cooking, packaging, and even cleanup—so you can enjoy fresh, homemade meals without lifting a finger.

Let us handle mealtime, so you can focus on what truly matters.

Is This Service For You?

Our Personal Chef Service Is Perfectly Suited For:

- Families who want healthy, home-cooked meals
- Busy professionals
- Individuals with dietary restrictions or wellness goals
- Anyone who wants to enjoy high-quality food without cooking



ALL THE FACTS

HOW TO GET STARTED

WE GET TO KNOW YOU!

Fill out our quick new client intake form so we can learn your preferences, dietary needs, and lifestyle.

CHOOSE YOUR MEALS!

Each week, you'll receive a curated menu. Select your dishes or request customizations—we love making meals that fit your tastes!

WE HANDLE THE REST!

Your personal chef will:
Shop for fresh, high-quality ingredients
Cook everything from scratch in your home
Package your meals with easy-to-follow reheat instructions
Leave your kitchen spotless

ENJOY RESTAURANT QUALITY MEALS!

Simply reheat and savor restaurant-quality meals, crafted just for you!

PERSONAL CHEF IN-HOME MEAL PREP SERVICE

Our personal chef service is crafted for those with full schedules and high standards and delivers a week's worth of personalized, chef-prepared meals that are customized to meet your specific needs!

Service Fees

\$225 per session (includes up to 4 full meals + one extra)

Additional Costs

- Sales tax
- Groceries: \$175-\$275+
depending on portions, selections + preferences
- *Gratuity is optional but appreciated and can be handled directly with your chef!*



In Home Meal Prep Service Details

Eight Essential Insights Before Booking Our Service

Menus and Feedback

Every Thursday, you'll receive a menu created by our team. You will make your selections and your chef will tailor the menu to reflect your specific needs + restrictions. We welcome your feedback, so feel free to make adjustments or special requests to ensure your menu perfectly suits your taste and preferences.

Service Schedule

We prepare your meals on the same day and time frame every week unless other arrangements are made ahead of time.

How To Prepare For Your Service

We suggest having 4 large, 8-10 medium and 2-4 small containers available for your service. We ask that these are emptied and cleaned before your service so they are available for your chef.

We ask that you have the kitchen basics available for your chef to complete your service. 1 fry pan, 1 small and 1 medium stock pot, 2 sheet pans, a cutting board, parchment paper, ziplocks and aluminum foil. Your chef will bring anything additional that they may need.

Please provide your chef with an empty trash can, clean and cleared countertops and enough space in your refrigerator to store your completed meals.

What Does The Service Include?

Up to 4 full meals plus 1 extra (a breakfast, lunch or snack option)

Invoicing And Payment

Invoices are issued and payment is due on the day of service. Your invoice will include your food costs, service fee and sales tax. **Additional fees may apply for custom requests, packaging, or special delivery needs.*

Ingredient Sourcing

Our chefs typically shop at Harris Teeter for most things. If you prefer your chef shop at Whole Foods, we can accommodate that but please note that your entire service will be provisioned from one store.

Dietary Restrictions + Allergies

We pride ourselves on accommodating a wide range of dietary restrictions and allergies. Whether you follow a keto, dairy-free, gluten-free, nut-free or other specialized diet, we tailor our menus to meet your specific needs.

Cancellations

Our service starts with a 4-week trial commitment. To skip a week, we kindly ask for 2 weeks notice, and for permanent cancellations, we require 30 days notice.



Thank you!

Thank you for taking the time to find out more about our Personal Chef Services! We look forward to talking with you soon to craft something delicious that will benefit you and your family.

If you have any questions or just want to chat, we'd love to hear from you!

Reach out anytime at:

✉ info@saltandcharm.co