



# **SALT + CHARM PERSONAL CHEFS**





## Welcome to Salt + Charm

We believe in the power of hospitality. The magic that happens around a table filled with the people most important to you is healing, joyful and so necessary for a healthy + fulfilling life. And when you add in gorgeous food and service? There's nothing quite like it.

We are so honored to be a part of your week. From the breakfast table to the dinner table and the dinner parties with the ones you love most, we are here to make sure you feel cared for and heard.

Our team specializes in luxury service - where every detail is considered, the food is carefully curated and executed and you can trust that we understand your needs + special requests.

We can't wait to feed you!

xoxo,  
Abbye and the Salt+Charm team



# Welcome to the Salt+Charm Personal Chef Service!

*Effortless, chef-prepared meals—right in your own kitchen.*

At Salt & Charm, we believe that food should nourish both your body and your life. Whether you're a busy professional, a family juggling endless responsibilities, or someone looking to eat better without the hassle of cooking, we're here to bring high-quality, chef-crafted meals straight to your table.

Our personal chefs handle everything—from menu planning and grocery shopping to cooking, packaging, and cleaning up—so you can enjoy incredible, home-cooked meals without lifting a finger. Let us take the stress out of 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 chef-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

Ideal for busy individuals + families, this package offers a week's worth of customized meals, perfectly portioned to cater to your personal dietary needs and preferences.

## Investment

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

## Additional Costs

- Sales tax
- Groceries: \$175-\$275+  
*depending on portions, selections + preferences*
- *Gratuuity 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

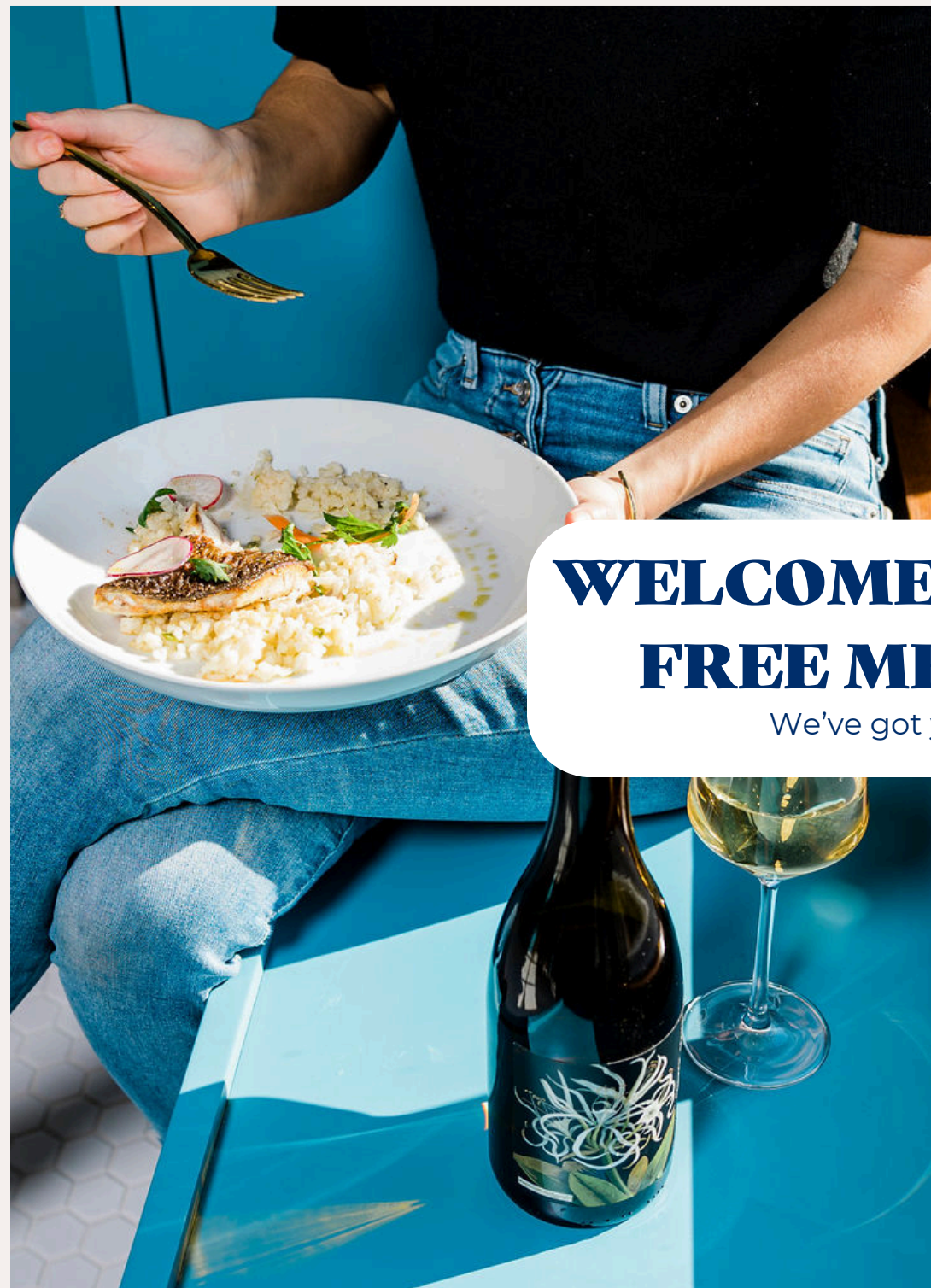
Our chefs typically shop at Harris Teeter for most things. If you prefer your chef shop at Whole Foods, we can accommodate that but please note that your entire service will be provisioned from one store.

## Dietary Restrictions + Allergies

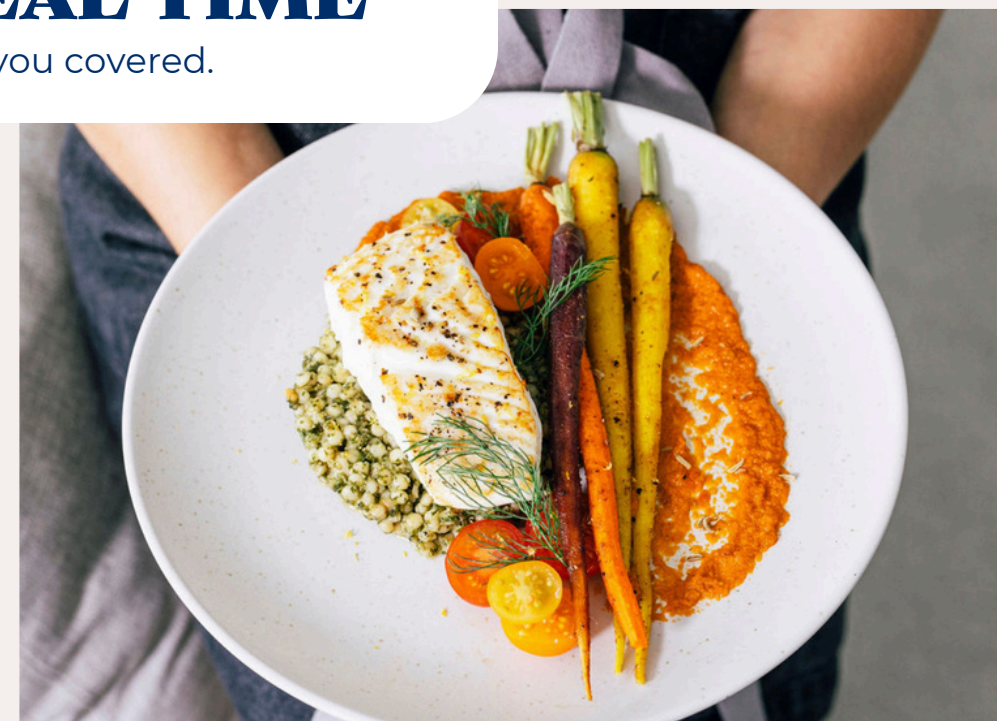
We pride ourselves on accommodating a wide range of dietary restrictions and allergies. Whether you follow a keto, dairy-free, gluten-free, nut-free or other specialized diet, we tailor our menus to meet your specific needs.

## 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.



**WELCOME TO STRESS  
FREE MEAL TIME**  
We've got you covered.







## Thank you!

Thank you for considering Salt+Charm for your meal prep service. We're excited about the possibility of nourishing you with our delicious and healthy meals.

Should you have any inquiries or simply wish to connect, please feel free to reach out to us at:

***[info@saltandcharm.co](mailto:info@saltandcharm.co)***

We are looking forward to taking the stress of eating well off your plate.