

Personal Chef | Private Chef | \$250 weekly meal prep delivery Service
\$50 per meal all fees included \$250 minimum. Meals shipped each week

Jpfinefoodsllc.com

Text 9177768203

Thank you for your interest!

Sample Menus:

Vegan:

- Creamy Pesto Orecchiette | Roasted Asparagus Morel Mushroom
- Roasted Beets | Faro, Orange, Cilantro, Pistachio, Walnut Vinaigrette
- Butternut Squash Risotto with Leeks and Spinach
- Spicy Chinese Eggplant | szechwan sauce, black rice
- Whole Roasted Cauliflower | Buckwheat Soba Noodle, Cabbage, Carrots

Keto:

- Grilled Pork Chops | Braised Cabbage and apple with warm green bean salad olive oil
- Roasted Chicken with Creamy Mushrooms, Peas
- Grilled Salmon over Garlic Spinach in sesame oil
- Meatballs with zucchini noodles, red sauce, parmesan

-Coconut Curry | Peas and Carrots

Paleo:

-Rosemary and Lemon Roasted Chicken | Artichoke hearts, Carrots

-Teriyaki Salmon | Stir Fried Sugar Snap Peas, Peppers, Chinese Brocoli

-Braised BBQ Beef, Collard Greens

-Pork Tenderloin | Apple Chutney, Roasted Acorn Squash

-Chicken Tikka Marsala | Peas, Roasted Cauliflower

Offering safe, reliable, quality, affordable food. Excellent menu options. Seasonal.

I offer weekly meal prep delivery service in and around Manhattan. I'm a trained certified chef with over 20 years of professional cooking experience.

\$250.00 minimum for weekly service- delivery on Monday only \$50 per meal per person all fees included. All menus are finalized a week in advance.

5 single portion meals (1 person protein approximately 6oz starch approximately 4oz. vegetables approximately 4oz. full meal) per week shipped to your door Monday \$250 flat rate minimum including everything

#gluten free

#vegetarian

#vegan

#raw
#anti inflammatory
#detoxing
#keto
#whole 30
#paleo
#sugar free
#weight loss
#food allergies
etc. I provide
#weekly meal preparation delivery service
for busy families and working professionals. My food can be described
as: Healthy, international and gourmet. Homemade, made from scratch
using organic, seasonal ingredients with the use of superfoods and
wholesome ingredients. Fully vaccinated and always following the
highest hygiene and disinfecting protocols for grocery delivery/shopping
and for cooking to protect yourself and your family.

Food is medicine!

I would love to be your personal chef

I have several regular long term clients.

I offer meal prep and delivery at \$250.00 minimum per week including
the cost of food. That's 5 meals at \$50.00 per meal per person including
the cost of food. Just a minimum you welcome to order 21 meals a week
I have clients who do.

It includes menu development, shopping, cooking, shipment once a
week (Monday only)

Please text me location, number of meals, number of people for meals
each week for an accurate quote if interested in moving forward

Thank you!