



FOOD

T H E O R Y

2025

Service & *Pricing* Guide

Chef Antonette

WWW.FOODTHEORYLLC.COM

Eat Well, Stress Less

Food Theory makes mealtime easier with flavorful meals prepared right in your home. Whether you're a busy professional, a single individual, or part of a family, our service offers comforting, high-quality meals customized to your taste and dietary needs. From indulgent favorites to gourmet dishes, we take the hassle out of eating well by handling the planning, shopping, and cooking for you.



Hi, I'm
Chef Antonette

Why Choose Food Theory



Personalized Chef-Prepared Meals

Fully customized to your dietary needs and preferences.



Stress-Free Experience

No grocery shopping, no cooking — just high-quality meals, ready to enjoy.



Premium Ingredients & Professional Service

Thoughtfully crafted, fresh, and delicious.

The *Process*

in-home service

Our in-home meal prep service simplifies your life, giving you back valuable time while ensuring you enjoy delicious, home-cooked meals tailored to your taste. I oversee the entire process, minimizing your involvement while maximizing your enjoyment and health benefits.



How *Personal Chef* Services Work

01.

Initial Consultation

We start by discussing your dietary preferences, favorite meals, allergies, and goals. This helps me create a menu that fits your taste and lifestyle. We'll also review your storage and reheating preferences to ensure your meals stay fresh and convenient.

03.

In-Home Meal Preparation

On the scheduled day, I handle everything—cooking your meals in your kitchen, portioning them into easy-to-store containers, and cleaning up. Each meal is prepared with fresh ingredients, balanced flavors, and dietary needs in mind.

02.

Personalized Menu & Cook Date

I design a customized menu that includes meals you'll love, from home-style favorites to restaurant-inspired dishes. After your approval, we schedule your cook date, and I procure the freshest, high-quality ingredients.

04.

Enjoy & Ongoing Service

Your meals are ready to heat and enjoy with simple reheating instructions. I'll follow up to gather feedback, noting favorites for future menus. If you choose ongoing service, we'll establish a recurring schedule to keep your meals fresh and hassle-free.

The Packages

quick overview

01. Partial Prep

\$375

- 3 dinners per week, with protein, vegetables, and starch
- In-home meal prep using fresh, high-quality ingredients
- Tailored to taste preferences, dietary needs, and nutrition goals.



02. Weeknight Essentials

\$475

- 5 dinners per week, with protein, vegetables, and starch
- In-home meal prep using fresh, high-quality ingredients
- Tailored to taste preferences, dietary needs, and nutrition goals.

03. Daily Nourishment

\$1200

- Full-Service; prepared meals for breakfast, lunch, and dinner (21 meals/week)
- In-home service twice per week to ensure freshness and meal quality
- Tailored to health and wellness needs, with fresh high-quality ingredients



Service & Pricing

flexible options

Customized Packages & Transparent Pricing

Our meal plans offer flexibility to match your preferences. Meals can be individually packaged or served family-style to fit your household's needs. Special dietary requests? We'll tailor your plan accordingly.

We use a straightforward "fee plus" model — you pay a service fee for meal prep and customization, plus the grocery cost. There are no markups, and receipts are provided. Grocery expenses vary between \$70 to \$150, depending on menu and ingredient quality, such as organic options. Save more when you prepay!

Package	Weekly	Biweekly (save 5%)	Monthly (save 10%)
Daily Nourishment (21 meals/week)	\$1200	\$2280	\$4320
Weeknight Essentials (5 dinners/week)	\$475	\$900	\$1710
Partial Prep (3 dinners/week)	\$375	\$710	\$1350

À La Carte Options

Add extras to your weekly plan:

- **Extra Dinner** (4 servings) – \$25 per meal
- **Lunch Add-On** – \$20 per meal
- **Breakfast Add-On** – \$15 per meal
- **Signature Dessert** – \$10
- **Fresh-Pressed Juice (6 bottles, 16 oz each)** – \$36

Sample Menu

weeknight essentials



Pan-Seared Steak with Chimichurri

roasted sweet potato, swiss chard

Chipotle Chicken Quinoa Bowl

pinto beans, romaine lettuce, avocado crema

Grilled Chicken Caprese

fingerling potatoes, broccoli, tomato, pesto

Teriyaki Salmon with Green Bean Pilaf

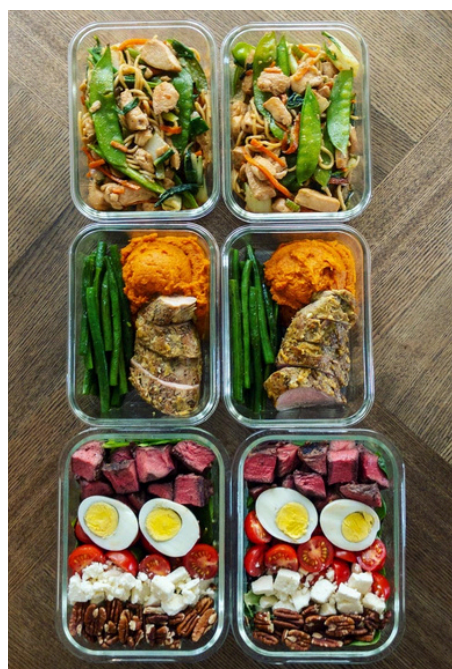
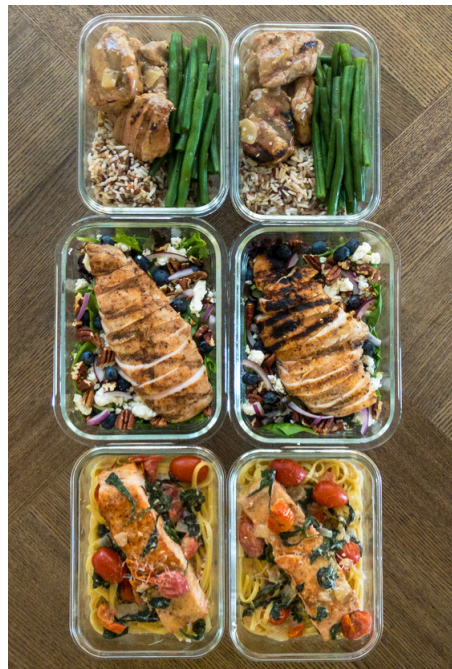
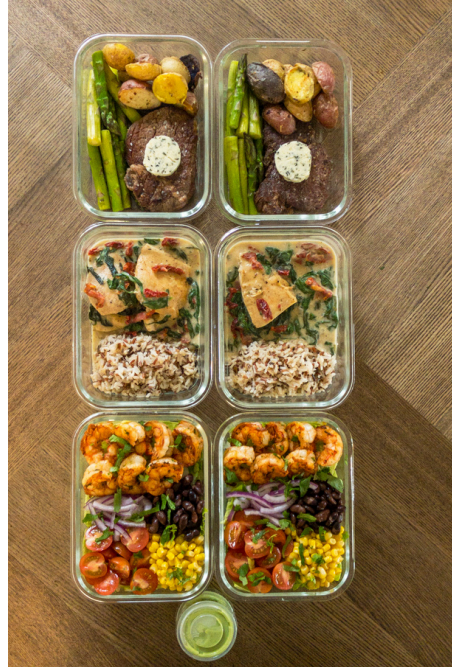
farro, pine nuts, lemon zest, parsley

Udon Stir-Fry

ground pork, bok choy, red pepper, carrot, chili-garlic sauce

Meal Gallery







Ready to Get *Started?*

Let's create a meal plan that fits your taste and lifestyle. If you have specific dietary needs or preferences, we'll tailor everything to you.

Fill out the food questionnaire at
bit.ly/PlanMyMeals

If you're still in the exploration phase or have more questions, no worries at all.

Send any questions you have at:  contact@foodtheoryllc.com