

## **Specialty Diets include:**

Most dietary restrictions. Diets focused on weight loss, weight gain or weight management are also included.

### **Examples:**

KETO

VEGAN

VEGETARIAN

DAIRY-FREE

GLUTEN-FREE

PESCATARIAN

WHOLE 30

Clients looking for meals for breakfast, lunch and dinner can book us daily upon our availability for \$100.00 per hr. This service also includes custom menus emailed daily or weekly if booking for the week. The cost of groceries is not included. Clients do have the option of providing their own groceries and recipes.

To book us for meal prep services additional to dinner please email us @:

[info@gorgeousgreenchef.com](mailto:info@gorgeousgreenchef.com)