ASHLEY CAREY · PRIVATE CHEF

Weekly Meal Prep

EVERY WEEK

Three dinners, four servings each

Cooked in your kitchen, one visit a week

Groceries shopped for you

Packed and labeled, with reheating notes

Built around your allergies and diet

Breakfasts, lunches and snacks as add-ons

I.

Fall Week

SAMPLE WEEK · THREE DINNERS

SEPTEMBER TO NOVEMBER

DINNER ONE

Lemon Roast Chicken

roasted potatoes, green beans

DINNER TWO

Honey Garlic Salmon

rice, roasted broccoli

DINNER THREE

Beef Bolognese

rigatoni, Caesar salad

ADD-ONS

Banana Bread & Granola

for breakfasts

II.

Winter Week

SAMPLE WEEK · THREE DINNERS

DECEMBER TO MARCH

DINNER ONE

Beef Stew

carrots, potatoes, crusty bread

DINNER TWO

Chicken Pot Pie

green salad

DINNER THREE

Baked Cod

buttery cracker crumbs, rice pilaf, green beans

ADD-ONS

Chicken Noodle Soup & Cookies

for lunches and dessert

III.

Gluten-Free Week

SAMPLE WEEK · THREE DINNERS

ANY SEASON

DINNER ONE

Greek Chicken

rice, cucumber salad, tzatziki

DINNER TWO

Shrimp Stir-Fry

vegetables, jasmine rice, tamari

DINNER THREE

Steak Tips

roasted sweet potatoes, green beans, herb sauce

ADD-ONS

Yogurt Parfaits & Hummus

berries, gluten-free granola · cut vegetables