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## Personal Chef Services

On holiday (or just leading an ever-busy life), and finding it difficult to source, prepare and enjoy local healthy cuisine? Meg offers Personal Chef Services for individuals and families. Personal Chef services from MAP Wellness are highly customized based on each client's needs and desires. Let Meg stock your fridge with well-balanced, fresh, healthy, and whole food meals, ready for assembly in your home. Meg can accommodate almost all dietary needs. Gluten-Free, Dairy-Free, Paleo & Raw Vegetarian/Vegan are our specialties.

### **Private Chef Services:**

**\$45/hr\***

- 4 hour minimum for services (this includes 45 minute for menu and shopping)
- Select your dishes from the MAP Wellness menu and receive a quote (estimated cost for hours in the kitchen & groceries)
- Location: Your kitchen or event space

\* *plus the cost of groceries.*

***OR choose a flat rate of \$50/person up to 20***

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## Private Cooking Classes Costa Rica

MAP Wellness offers personalized cooking classes for individuals and families. If you feel like you'd like a one-on-one experience, instead of attending one of my semi-private group classes at Hacienda del Sol in San Juanillo, my private classes are for you.

### **Private Cooking Class:**

**\$100/hr\***

- Capacity: Typically 1-4 people
- Format: Hands-on or Demo
- Location: Your kitchen or event space
- 4 recipes of your choice
  - The chef will work with you on a class theme and to create the final menu
  - Custom recipes can be requested for an additional fee
- Eat the meal as you prepare it
- Receive recipes for all dishes prepared
- Groceries are billed separately, but you keep the leftovers
- Customized to meet your needs
- Great for accelerated learning and a more intimate setting

\* *plus the cost of groceries.*

\* *2 hour minimum for each session (this cost includes menu planning and shopping if applicable). Each additional person is \$30/person per session*



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## Private Cooking Parties Costa Rica

Looking for a fun and unique way to celebrate a special occasion? Let Meg entertain you and your guests in your kitchen! Whether it's a birthday, bachelorette, wedding shower, baby shower, date night, girl's night out, or even a kid's birthday party, Meg will design a custom menu for your event!

### **Private Group Class or Cooking Party**

- Capacity: Flat fee up to 8 people. Additional people may be added.
- Format: Demonstration-style, with opportunities for volunteers to help.
- Location: Your kitchen or event space
- 5 recipes of your choice.
- Eat the meal as it is prepared.
- Receive recipes for all dishes prepared.
- Groceries included.
- Perfect for celebrations and groups of friends or co-workers.

***For custom pricing & info, please email Meg at [meg@meghanpearson.ca](mailto:meg@meghanpearson.ca)***