



FOOD THEORY

2025

Service & *Pricing* Guide

Charlotte Metro

WWW.FOODTHEORYLLC.COM

Eat Well, Stress Less

Food Theory provides in-home personal chef services throughout Charlotte Metro, including Monroe, Matthews, Marvin, Waxhaw, and surrounding areas. We prepare fresh, customized meals directly in your kitchen that fit your dietary needs, cultural preferences, and busy lifestyle.



Hi, I'm

Antonette

What Makes Us Different



In-Home Meal Preparation

Meals cooked fresh in your kitchen, then packaged and stored in your refrigerator for the week.



Nutrition Expertise

Founded by Antonette Huell, MS in Human Nutrition, combining culinary skills with evidence-based nutrition knowledge.



Cultural Competency

Meals that honor your food traditions and cultural preferences rather than generic meal prep options.

The *Process*

in-home service

Our in-home personal chef 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.



How *Personal Chef* Services Work

01.

Initial Consultation

We start by discussing your dietary needs, favorite meals, household size, and lifestyle. This helps me create a menu that fits your special requirements and taste preferences.

02.

Personalized Menu & Cook Date

I design a customized weekly menu based on your consultation. After your approval, we schedule your cook date, and I handle all grocery shopping.

03.

In-Home Preparation

On the scheduled day, I cook all meals in your kitchen. Meals are prepared, portioned, labeled, and stored in your refrigerator. Your kitchen is cleaned and organized when I leave.

04.

Enjoy & Repeat

Meals are ready to reheat throughout the week. I gather feedback to refine future menus and establish a recurring schedule that works for your lifestyle.

The *Packages*

quick overview

01. Partial Prep

\$375

- 3 dinners per week, with protein, vegetables, and starch
- Approximately 4-hour session
- Ideal for individuals or couples



02. Weeknight Support

\$475

- 5 dinners per week, with protein vegetables, and starch
- Approximately 4-6 hour session
- Most popular option for families

03. Daily Nourishment

\$1200

- Complete meal service: breakfast, lunch, dinner (21 meals)
- Two sessions per week to ensure freshness
- Comprehensive solution for demanding schedules



Customization Available: Pricing discussed during consultation for additional meals.

Grocery Policy: All grocery costs are separate and paid directly by client with detailed receipts provided.

Sample Menu

weeknight support package



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

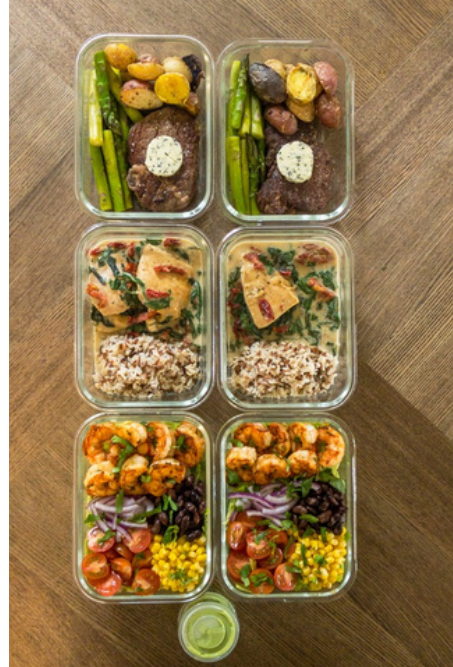
farro, pine nuts, lemon zest, parsley

Udon Stir-Fry

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

Meal Gallery







Ready to Get *Started?*

Food Theory serves health-conscious clients throughout Charlotte Metro. We prepare fresh meals in your kitchen that fit your dietary requirements, cultural preferences, and busy schedule.

Complete our contact form at
foodtheoryllc.com/#contact

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

Send any questions you have to:  **contact@foodtheoryllc.com**