



**Creative Unique Menus with
Endless Possibilities to Meet
Individual Needs.**

IN HOME COOKING OR DELIVERED ON SITE



Stuffed Sweet Potato

**ORGANIC
FARM TO TABLE**



Squash and Kale

PALEO



Curry Chicken Coconut Wrap

DAIRY FREE



**Passionate About Selecting Farm Fresh Ingredients
To Create Delicious and Beautiful Foods That Not Only Fuel Our Bodies
but Brings People Together,**



Experience and Education

<i>The Mini Cook</i>	Private Chef~Private Jets	2002-Present
	Westchester County, NYC, Hamptons, Fairfield County	
<i>Sugar and Spice Smoothie Café</i>	Owner	Chappaqua 2001
<i>Institute of Culinary Education</i>	Culinary Arts Degree	NYC 2009
<i>Everyday with Rachel Ray</i>	Recipe Tester/Food Styling	NYC 2010
<i>Villa Olmi Resort</i>	Chef Assistant	Florence,Italy 2010

Media

Bobby Flay	Grill It Season 3	2010
Top Chef	Assistant Chef	2009
Veria Living	Guest~Veria Living Live	2014





EGGPLANT LASAGNA WITH BOK CHOY~TARRAGON~TOMATO~CILANTRO PESTRO
DAIRY FREE~GLUTEN FREE

Inspired by

Alejandro Junger

Physician~Author

Clean 21 day detox

Mark Hyman

Physician~Author

Ultra Wellness Center



RAW COOKIES

**RICE CAKES
APPLE~CINNAMON**

**ALMOND BUTTER GOJI
BERRY
HAZELNUT**

**COCONUT
UNSWEETENED DARK
CHOCOLATE**



ORGANIC CARROT CHIPS WITH COCONUT~NUTMEG DIPPING SAUCE





QUINOA WITH WILD SALMON~DILL~AVOCADO



EGGS IN HEIRLOOM TOMATO



CHIA SEED PUDDING
MANGO~APPLE~MINT



HEALTHY CABBAGE SLAW



VEGGIE BURGER

SPICY MANGO PUREE

STUFFED ACORN SQUASH WITH FARM FRESH SUMMER~FALL VEGGIES



SOUP AND SALAD

SOUP

COCONUT MILK

AVOCADO

CARROT

LIME JUICE

GINGER

PANINI

GRUYERE

HAM

ARUGULA

SPICY MUSTARD





FRESH PEACHES WITH ALMOND FLOUR~WALNUT TOPPING~FRESH MINT