

Pricing for Personalized Meals

Every family's needs are different— some want comforting postpartum meals for the week, others prefer fresh dishes delivered ready-to-enjoy, and some are looking for ongoing personal chef support. These prices give you a clear starting point, with room to customize based on your preferences, dietary needs, and the season you're in.

Postpartum Meal Prep (Delivered)

A nourishing add-on to postpartum doula care.

Starting at \$40/hour + groceries

Most families book 3–4 hours per session (typically \$120–\$160 + groceries).

Each postpartum meal-prep session includes: - Cooking in my home kitchen - Delivery of 3–4 family-style meals - Planning, prep, seasoning adjustments - Containers labeled with reheating/storage notes 🍷

This is ideal for families who want warm, ready-to-eat meals that support healing, lactation, digestion, and energy during the early weeks.

Weekly Meal Prep / Personal Chef Services (Delivered)

For individuals or families who want fresh meals each week — postpartum or not.

Hourly rate: \$40/hour + groceries

Most weekly clients choose a 3–5 hour cook block.

Estimated totals:

- **Lite Plan:** 3 hours (approx. \$120 + groceries) — 2 mains + 1 side
- **Standard Plan:** 4 hours (approx. \$160 + groceries) — 3 mains + 2 sides
- **Full Plan:** 5 hours (approx. \$200 + groceries) — 4 mains + 3 sides 🌱

Each session includes: - Menu planning based on your preferences - Cooking in my home kitchen - Delivery to your home - Meals labeled and stored with clear reheating notes

Perfect for busy seasons, special diets, and families who want nourishing meals without the stress of cooking.

Small Dinners & Special Deliveries

If you're planning an intimate dinner, hosting visiting family, or simply want a beautiful meal prepared for you:

Starting at \$40/hour + groceries

(Menu complexity and number of dishes can adjust total hours.)

This service includes planning, cooking in my home kitchen, and delivery. ✨

Delivery + Location

Pricing includes delivery within the Warwick/Providence area.

Locations outside this radius may have a small delivery fee.

Sliding Scale & Equity Notes

While chef services typically follow standard pricing, I hold a limited number of **community-supported postpartum spots** for BIPOC families and LGBTQ+ parents who request sliding-scale support. These can be discussed during your consultation.