

the organic cook

personal chef service

Spring sample menu for healing for cancer

Asian chicken meatballs in chicken broth with coconut and lemongrass broth and broccoli

Baked ocean trout with preserved lemons and green olives

Lentil and tomato stew with garam masala and turmeric

Wild barramundi with fresh turmeric, lime and ginger, steamed broccoli and green beans with lemon garlic flaxseed dressing

All chef packages include a menu designed for the specific dietary requirements of the individual

The menu includes:

- High quality protein sources from sustainable fish and grass fed meats
- Where possible seasonal organic and biodynamic produce
- Cold pressed oils, organic animal fats and extra virgin coconut oil
- Healthy cook techniques that will not compromise your immunity and will promote optimum health for sustainable energy all day long

Give us a try, you will feel great and notice many changes from having home cooked meals lovingly prepared in your home from scratch, real food just like your mother and grandmother made but more greens!

