

Healthy Comfort Food, Improve Your Life

Chef Carrie's mission is to provide healthy and delicious organic dinners to time starved individuals and families.

In order to help you streamline your life, she helps you take the stress out of cooking and grocery shopping, so you have more time to enjoy what's important to you.

My story

Growing up on a farm in Iowa, with a mother who catered and had a beautiful vegetable garden, nothing was more comforting than coming home to the smell of fresh baked bread. I have always associated food with comfort and love.

After moving to Boulder, CO, I became obsessed with the healthy food offerings of this area. I attended The School of Natural Cookery, which focuses on a plant-based, organic, whole food approach to cooking. Upon completion, my personal chef business, Green Goddess, was born.

My goal is to provide you with comforting, made-from-scratch delicious meals using healthy, fresh ingredients. Some of my specialties include:

Gluten Free – Dairy Free
Vegan/Vegetarian
Allergen Free – Paleo



GREEN GODDESS

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www.greengoddess.kitchen

facebook.com/greengoddesspersonalchef



GREEN GODDESS

FABULOUS PERSONAL CHEF!



HEALTHY WHOLE FOOD PERSONAL CHEF LOCATED IN BEAUTIFUL BELLINGHAM, WA



How it works

While a personal chef may seem like an unaffordable luxury, think about how much time, money, and effort you spend on grocery shopping, cooking, and clean-up: The average family spends about \$350 per week on takeout and groceries, and 14 hours on meal-prep. Hiring a chef



allows you to take your evenings and weekend back. Spend more time doing what you love while still enjoying delicious, healthy, fresh cooking

Weekly/Bi-Weekly meal prep sessions can be customized to what works best for you. Service is provided on-site in your home. Free consultation.

Pricing: hourly rate plus cost of groceries

Cooking sessions average 3-4 hours (depending on menu)



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