

NORTHSTAR NUTRITION

Chef-prepared meals • Personal chef services • Durango, Colorado

Thoughtfully prepared food designed to make eating well easier - from convenient weekly meals to personalized in-home chef service.

PREPARED MEALS

Individual Chef-Prepared Meals Convenient, wholesome meals ready for your refrigerator.	from \$16
Premium & Specialty Meals Premium proteins and specialty menu selections.	from \$19
Chicken Salad & High-Protein Bowls A satisfying option for lunch or an easy meal on the go.	\$12-\$14
Protein Cups & Snacks High-protein grab-and-go additions for busy days.	from \$8

FAMILY & WEEKLY MEALS

Family Dinner - Serves 4 Chef-prepared family dinner; approximately \$13 per serving.	from \$52
10-Meal Package A convenient weekly option with variety from the Northstar menu.	from \$150

Menus rotate. Availability and final pricing may vary with ingredients and specialty proteins.

PERSONALIZED CHEF SERVICES

Customized Weekly Meal Preparation Personalized menu planning, shopping, preparation, portioning and packaging.	from \$275 + groceries
In-Home Personal Chef Four-hour minimum. Personalized cooking in your home, including preparation and kitchen cleanup.	\$70/hour
Private Dining & Special Occasions Intimate dinners and special experiences designed around your occasion.	custom quote

HOW TO GET STARTED

Choose from the current prepared-meal menu at northstarnutrition.health, or contact Chef Elizabeth for personalized weekly meal preparation, in-home chef service, or private dining. For custom services, we will discuss your household size, preferences, schedule and the level of service that fits your needs.

Chef Elizabeth Jeffries • Northstar Nutrition • 970-637-0495 • northstarnutrition.health

Thoughtfully prepared, nutrient-dense food bringing convenience, flavor and care back to your table.