

rosepetalz

combining culinary excellence with macrobiotic principles



For culinary excellence founded on macrobiotic principles, turn to Michelle Elizabeth Rose. With her reverence for nourishing cooking, her knowledge of macrobiotic principles, and her imaginative and innovative culinary talent, Michelle creates delightful meals that not only sustain the body but also help its regenerative capacities.

Macrobiotics has a long history. Its principles were perfected in Japan by George Oshawa starting in the 1920s. It is a flexible but thoughtful approach to eating that emphasizes seasonally fresh, local, and chemical-free vegetables and fruits, whole grains, plant-based proteins, fermented foods, and sea vegetables utilizing the counterbalancing yin and yang energies. Michelle has spent several years adapting the theories to her own cooking style.

Whether you have health issues that require a special diet or simply want tasty, healthy food, Michelle will work with you to discover what works best for you. You'll soon find yourself eating pure, vibrant, and delicious meals—predominately vegan.

Contact Michelle to book twice weekly, weekly, biweekly, or monthly food preparation. She also handles special events, menu plans, kitchen conversions, home remedies, cooking lessons, and speaking engagements to small groups.

pricing for rosepetalz

service offered	cost	what's included
PERSONAL CHEF		
on-site cooking	\$400 per day	5 dishes on average in quantities designed to last several days. menu planning. grocery shopping. cleanup
off-site cooking	\$250 per day	2 dishes on average in quantities designed to last several days. menu planning. grocery shopping. delivery (charged at \$25)
event cooking	\$75 per person	menu planning. grocery shopping. plating. cleanup
HEALTH COUNSELING		
menu plans	\$300 flat fee	one week menu plan based on client's health needs
kitchen conversions	\$150 per on-site session	transform your kitchen into a natural foods haven
mentored grocery shopping	\$150 per shopping trip	learn to shop for long-term wellness, not cravings
on-site cooking lessons	\$75 per person \$250 per session	minimum of 3 people 1 to 2 people
home remedies	\$150 per on-site session	making and applying home remedies based on client's health needs

NOTES: – all prices may be adjusted according to client's budget, scope of needs, or number of people in household or group
– cost of groceries are reimbursed in addition to fees