



JUST EAT PLANTS

Home based cooking classes & meal prep

Our mission is to provide food that:

- Is simple to prepare but delicious and satiating
- Encourages you to eat more whole plant foods
- Is associated with decreased levels of inflammation
- Promotes weight loss and optimal health for the long term

Pricing:

Cooking classes

- Group cooking classes: \$80 per person, minimum of 3 people per class (ingredients additional).
- Private cooking classes: \$60 per hour, minimum of a 3 hour booking (ingredients additional).
- Private online cooking classes: \$60 per hour, minimum of a 2 hour booking (ingredients purchased by participants).
- Group cooking classes: \$50 per person (ingredients purchased by participants).

Meal preparation

- Meal prep and delivery - \$60 per hour, minimum of 3 hours (shopping time and ingredients additional)
- Home-based meal prep - \$60 per hour, minimum of 3 hours (ingredients additional).
- Shopping for ingredients & menu planning - \$30 per half hour.

NDIS & Aged Care pricing

- Get in touch to find out how we can help you with either meal prep or a cooking class.

Gift certificates - Various values available.

All services

- Out of area surcharge - First 30 minutes free, \$15 per extra half hour (from our location).

Cancellation policy

Services cancelled:

- up to 48 hours before a booking will receive a full refund on the hourly rate, minus any food costs incurred.
- up to 24 hours before a booking will receive a 50% refund on the hourly rate, minus any food costs incurred.
- after 24 hours before a booking will not be refunded.

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What you can expect:

Before the day:

- Consult with us on what recipes you would like prepared for you.
- Shop for the food items required or have us do it for you.
- Inform us of any allergens, food intolerances or taste preferences.

On the day:

- If you or anyone in your household is unwell on the day, please notify us and we will reschedule.
- For home delivery, we will leave items at the door for you to take inside. Time to be arranged.
- Home-based services, please have a clean, tidy kitchen with clear work surfaces and clean towels/sponges.
- For safety reasons, pets are not allowed in the kitchen.
- Children must be supervised at all times. Please keep children under the age of 12 out of the food preparation area.
- We will reschedule or vacate the property if we feel that our safety is compromised in any way.

What we will bring:

- Knives, chopping board, cleaning cloths & sanitising solution.
- Some spices and pantry supplies that are difficult to source.
- BPA free food storage containers (at a small cost).
- A contagious passion for cooking nourishing whole plant foods.

At the end:

- We will pack up, wipe down surfaces and load the dishwasher or wash dishes.
- All prepared food will be yours to eat or store immediately in a refrigerator (eaten within 24 hours or else frozen).

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