



Wholesome Goodness Price List 2024

A Typical Meal includes (quantity for 4-6):

1. One whole grain or processed grain dish (or Paleo dish for those not eating grain)
2. One protein dish (bean, fish or animal product such as egg/dairy/meat)
3. One lightly cooked or raw vegetable dish
4. One med/long cooked vegetable dish
5. One soup or dessert (your choice)

*These can be interchanged to meet your individual needs
Casseroles and Intricate dishes like ravioli, handmade bread, pizza etc... can
be considered 2-3 dishes depending on complexity*

One Time Cooking: Meals (menu planning, shopping, prep, cooking, cleanup -mileage is extra)

This meal is for 4 generous helpings (sometimes feeding up to 6-7 people as portions are large)

1 meal per day	_____	\$219
2 meals per day	\$269
3 meals per day	-----	\$319
Additional dishes each	_____	\$10-20 depending on complexity
Snacks each	+++++	\$5-10 depending on complexity
Dividing food into individual meal containers	\$.50each
Juicing	=====	\$30
Cleaning kitchen or containers before cooking	_____	\$35/hr

Contract Cooking: These prices are for those that wish to commit to 3 or more months at a time.

1 meal per day	_____	\$209
2 meals per day	\$259
3 meals per day	-----	\$309

Additional dishes, juicing, snacks, container dividing, etc. _____ discounted

Classes: Cooking classes (both lecture or hands-on)

Four 3 hr classes _____ \$250 each (paid in advance)
 3 hour class.....\$175
 5 hr class (shopping together, setup kitchen, hands-on/lecture)-----\$500
 Setting up kitchen (does not include supplies and stock)_____ \$250
 Shopping for utensils and equipment-----\$25/hr
 Initial cleaning of kitchen (if needed).....\$25/hr

In Home Catering: Catering Parties and Home Services

Just cooking (shopping, prep, cooking, cleanup)_____ \$55/hr
 Service (setup, serve, cleanup) with a minimum of 5 hrs.....\$35/hr
 Organizing (quote per job or hourly rate)_____ \$45/hr

Prices for services do not include the cost of groceries or mileage.

They are an additional charge.

Mileage is .65/mile if I run errands in my car, otherwise for cooking see chart below.

Mileage Chart:

Location in CA	One time visit:	Contract price:	Special:
La Mesa, Lemon Grove, El Cajon	\$15	\$12	
Hillcrest and Mission Valley	\$27	\$25	
Ramona and Poway	\$35	\$30	
Downtown SD	\$39	\$34	
Carmel Mountain	\$42	\$38	
La Jolla, Del Mar	\$50	\$45	
Encinitas, Carlsbad	\$55	\$50	
Rancho Santa Fe	\$60	\$55	
Escondido	\$49	\$44	
Vista	\$60	\$55	

Mileage is about gas, but also about: time, stress and wear and tear/insurance on car.

Agreements:

Special Agreements:

Contract Agreements:

This contract is for at least one day of cooking per week for a minimum of 3 months with a \$400 deposit. This \$400 deposit is returned to you after the 3 months when we stop our commitment of a weekly cooking routine as long as no scheduled days are missed. If for some reason you need to cancel a day during that 3 month period, Mici, will use the \$400 to cover expenses for lost time and potential work and the contract is cancelled. Once the 3 months are complete, we can start a new contract or go week to week. I will then hold the deposit and return it when you wish to stop services with me. 5 days notice of cancelation of a scheduled day is needed to not lose the deposit. Being paid weekly or every other week is ideal. If payment is not received after 2 weeks, you forfeit your deposit and void the contract. We can start again if both parties are in accordance.

Mici Signature: _____

Client Signature: _____

Date: _____ **Print Name:** _____