



# Wholesome Goodness Price List

**A Typical Meal includes:**

1. One grain or processed grain dish (or Paleo dish)
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*

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 \_\_\_\_\_ \$199

2 meals per day.....\$239

3 meals per day-----\$269

Additional dishes each \_\_\_\_\_ \$10-20 depending on complexity

Snacks each+++++\$5-10 depending on complexity

Dividing food into individual meal containers.....\$2each

Juicing===== \$20

Cleaning kitchen or containers before cooking \_\_\_\_\_ \$30/hr

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

1 meal per day \_\_\_\_\_ \$189

2 meals per day .....\$229

3 meals per day-----\$259

Additional dishes, juicing, snacks, container dividing, etc. \_\_\_\_\_ discounted

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

Four 3 hr classes \_\_\_\_\_ \$150 each (paid in advance)  
 3 hour class.....\$175  
 6-7 hr class (shopping together, setup kitchen, hands-on/lecture)-----\$250  
 Setting up kitchen (does not include supplies and stock)\_\_\_\_\_ \$100  
 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)\_\_\_\_\_ \$49/hr  
 Service (setup, serve, cleanup) with a minimum of 5 hrs.....\$25/hr  
 Organizing (quote per job or hourly rate)\_\_\_\_\_ \$30/hr

*Prices for services do not include the cost of groceries or mileage.  
 They are an additional charge.*

*Mileage is .55/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	\$6	\$4	
Hillcrest and Mission Valley	\$12	\$9	
Ramona and Poway	\$19	\$15	
Downtown SD	\$25	\$20	
Carmel Mountain	\$32	\$26	
La Jolla, Del Mar, Encinitas	\$37	\$32	
Carlsbad	\$41	\$34	
Rancho Santa Fe	\$45	\$40	
Escondido	\$37	\$32	
Vista	\$49	\$44	
OC -depends where	Aprox. \$79?	Aprox. \$69?	

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

## Agreements:

### **Special Agreements:**

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### **Contract Agreements:**

**Contracts are 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, I, Mici, will use the \$400 to cover my expenses for lost time and potential work. Once the 3 months are complete, we can start a new contract, if you like. I will then hold the \$400 and return it when you wish to stop a weekly routine. We then go week to week at the contract prices, but I need 5 days notice of cancelation of a scheduled day to not loose the deposit. I like to be paid weekly. 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:** \_\_\_\_\_