



Reiki Chef Marie Prepared Meals

MCHEF LLC.

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702-482-2886 (texts and calls)

www.mchef.com / www.mariedominiquerail.com

The Menu "Taste Buds Cuisine"

PICK 10 MEALS / WEEK AND MORE! Choose what it pleases you!

Vegetarian Nutritious Dishes

- 1.The Glowing Skin Salad (beet, roasted walnuts, broccoli, quinoa - sunflower butter vinaigrette)
- 2.Fruit Salad - Choices of toppings of:
 - 2.1Granola (rolled oats, coconut oil, apricot, cranberry, coconut flakes (+sugar-free chocolate chips)
 - 2.2Fine Herbs Feta Crumbles
 - 2.3Gourmet Sugar-free Organic Strawberry Yogurt
- 3.Buddha Bowl - Steamed Green Veggies « brain food » - Creamy Dragon Salad Dressing
- 4.Azteca Bean Salad (chia, corn and fresh fine herbs lemony salad dressing)
- 5.Zucchini Juliennes Sauté (olive oil, Kalamata olives, garlic, fine herbs, Parmigiano Reggiano (real Parmesan), roasted red bell pepper, red onion)
- 6.Zen Bowl & Creamy Dragon Sauce (beet, carrot, sprouts, brown rice, alfalfa, daikon)
- 7.Frittata (Spanish omelet) with Veggies and Cheese (optional bacon or vegan bacon)
- 8.Eggplant Parmigiana
- 9.Veggie Patties
- 10.Cheesy Naan Pizza Bread with Veggies (optional bacon or vegan bacon)
- 11.Superfood & Protein Green Salad (kale, baby spinach, sprouts) carrot, beet, 2 boiled eggs, roasted nuts and seeds, and olive oil French vinaigrette
- 12.Provençal Sautéed Tofu and Fried Onion, grilled Portobello and Bell Peppers served with Quinoa
- 13.Vegetable Lentil Curry Stew
- 14.Omelette (tuna or chicken, onion, cheese, chives and scallions)
- 15.Delicious Chana Masala (chickpea, onion, garlic, ginger, secret spices, tomato, yogurt, lemon and cilantro)
- 16.Garlicky Roasted Chicken Breast, Dijon Mustard and Tarragon Creamy Sauce

Seafood & Fish (Choose 1 side dish and vegetables below)

- 17.Oven Baked Shrimps (size 16/20) Cajun Style and Broccoli (garlic, Cajun spices, olive oil, butter, parsley)
- 18.Thai Grilled Salmon (ginger, garlic, cilantro, sesame oil)
- 19.Wild Fish from Sprouts (salmon, trout, mahi mahi, tuna, halibut, sea bass, cod, tilapia, swordfish, rockfish), Secret Islands Spices, Lemon Wedges
- 20.Scallops, Citrus Butter Sauce and Fried Shallots
- 21.Smoked Salmon Tartare (capers, lemon, shallot, fine herbs, olive oil, dried tomato pesto)
- 22.Oven Baked Salmon, Ginger Beurre Blanc
- 23.Seared Halibut, White Wine Creamy Sauce
- 24.Seared Tuna, Japanese Sauce
- 25.Portuguese Cod Bacalao (potato, garlic, onion, parsley, egg)
- 26.Seared Sea Bass - Lemon Capers Butter Sauce



"Cooking must be fun, elegant, refreshing, extremely tasty and colorful!"

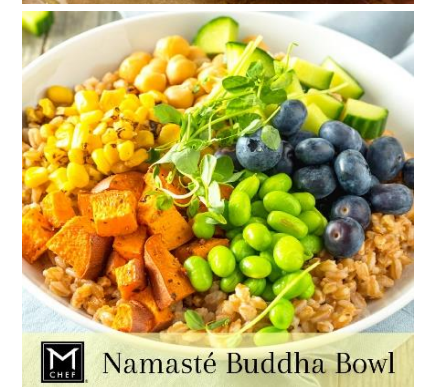
Let's play with contrast, volume and texture on a plate.

Are you ready?

Time to get the best ingredients at your local market, and rev up the kitchen to start the amazing ritual of cooking...

Add a little bit of your favorite music too! Your cooking will taste so much better with a vibe of blues, jazz, rock, soul, or classical melodies!"

Chef Marie



- 27.Tilapia - Lemon Dill Butter Sauce
- 28.Grilled Mahi-Mahi, Ginger Butter Sauce, Lemon and Chives
- 29.Lobster, White Wine Garlic Butter Sauce
- 30.Shrimp - Scallop - White Fish Lasagna (Béchamel sauce, cheese and fine herbs)

Lean Meats

- 31.Chicken Parmigiana (gluten-free Pan-fried Chicken Breast, Mozzarella, Good Healthy Sicilian Tomato Sauce) served with Veggies (Broccoli, Cauliflower, Asparagus if it's the season)
- 32.Chicken Fajitas (oven Baked Cajun Chicken Breast, Red Bell Pepper, Red Onion, Cilantro)
- 33.Turkey Meatloaf, Grandma Jano's Traditional French Recipe
- 34.Cheesy Italian Meatballs – It's delicious with cauliflower rice and spinach Florentine
- 35.Gyro Slices and Tzatziki
- 36.Provençal Braised Beef Roast with Demi-Glace
- 37.Chili – The Authentic
- 38.Chicken Burrito Bowl (rice, beans, corn, chipotle Sauce)
- 39.Chicken Breast, Creamy Mushroom Sauce (a classic!)
- 40.French Sautéed Beef (onion, mushroom, sauce)
- 41.Hearty Chicken – Shrimps – White Flesh Fish TACOS – Accompaniments served on the side
- 42.LOL Cheeseburger without bread...I call them Bear Paws! (ground bison or beef or turkey or chicken)
- 43.Chicken Breast Tika Masala (tomato, garlic, ginger, secret spices, cream and cilantro)



- 44.Short Ribs & Red Wine Sauce
- 45.Chicken Stuffed Ricotta Spinach and Pesto
- 46.Filet Mignon, Mushroom Cream Sauce
- 47. Korma Beef (filet mignon or of you prefer lamb, please let me know!)
- 48.Keema Aloo Stew (beef, potato, carrot, green peas and Indian spices)
- 49.Sheppard Pie (layers of ground beef, corn, mashed potato)
- 48.Chicken à la Florentine (cream, spinach, garlic, parseman and parsley)
- 49.Indian Chicken Curry (Murgh Kari - onion, garlic, ginger, secret spices, tomato,yogurt & cilantro)
- 50.Chicken Biryani (onion, garlic, ginger, yogurt, secret spices, Dijon mustard, cilantro and mint)
- 51.Beef Bourguignon (onion, carrot, celery, potato, mushroom, tomato)
- 52. Chicken Breast Blanquette, Creamy Sauce and Fine Herbs
- 53 Grilled Chicken Saucisses
- 54. Kebab (ground beef, turkey or chicken)



Pasta (gluten-free)

- 55.Italian Mama Meatballs - Silician Tomato Sauce - Spaguetti
- 56.Arrabiata (spicy) - Cheese Ravioli
- 57.Chicken Alfredo Fettucini
- 58.Amazing Cheese Macaroni
- 59.Carbonara (crispy bacon, Parmigiano Reggiano, cream, yolk, garlic, parsley)
- 60.Basil Pesto Linguini and Green Veggies
- 61.Sun-Dried Tomato Pesto Mini Cheese Ravioli and Grilled Veggies (eggplant, zucchini, mushroom and red bell pepper)



61.Wok Shirataki (plant-based - 0 cal - 0 carb) Noddles and Veggies - (choice of tofu, chicken or beef, to your liking)

62.Sautéed Garlic Shrimps Pasta (cream, lemon, lemon, chives)

63.Pesto Cheese Ravioli, Spinach Florentine and Veggies

Side Dish (Choose 1 side dish per meal)

64.Superfood Pilaf Rice

65.Creamy Risotto (cheese or spinach or mushroom)

66.Biryani Basmati Rice (raisins, spices, onion)

67.Moroccan Quinoa (apricot, spices, prune, almond)

68.Sesame Jasmine Rice

69.Potato Gratin Dauphinois (heavy cream, garlic, nutmeg)

70.Sweet Potato (Tamari sauce, coconut oil, green onion, spices)

71.Greek Potato (dijonnaise, herbs and spices)

72.Mashed Potato -Garlic / Parmesan / Parsley

73.Ala Olio (butter, olive oil, garlic) Pasta

74.Cuban Black Beans (tomato, onion, spices)

75.Zaalouk Sautéed Chickpeas (tomato, onion, garlic, cilantro)

76.Cauliflower Rice (garlic, Tamari sauce, parsley, spices)

77.Spinach Florentine (heavy cream, garlic, parsley)

78.Sweet Potato Puree and Caramelized Onions

79.Prosciutto Chips

80.Parmesan Chips

81.Cauliflower Rice - Asian style

82.Cauliflower Gratin (cream, cheddar, Parmesan)

Vegetables (Choose 1 vegetable side per meal)

83.Broccoli (steamed)

84.Cauliflower (steamed)

85.Asparagus (steamed)

86.Kale (fresh or sautéed with garlic and parsley)

87.Spinach (fresh or sautéed with garlic and parsley)

88.Roasted Brussels Sprouts (with crispy bacon (regular or vegan)

89.Honey Ginger Caramelized carrots

90.Zucchini (raw, sautéed in olive oil or grilled in olive oil)

91.Bell Peppers & Onion Fajitas (sautéed on plancha)

92.Green Salad (Baby spinach, kale, cherry tomato, cucumber, carrot) and healthy vinaigrettes (olive oil balsamic / Parmesan / Blue Cheese / Ranch / olive oil red wine vinegar and garlic)

93.Cabbage Coleslaw (vinegar and fine herbs)

Would you like to have some hearty soups?

94.Good Old-Fashioned Chicken Noodle Soup (gluten-free – low in salt)

95.Weight Loss Vegetable Soup (only veggies -low in salt)

96.Vegetable Cream (veggies – heavy cream)



- 97. Leek and Potato Cream (heavy cream)
- 98. Asian Style (pho soup - packed separately (veggies - broth - rice noodles)
- 99. Protein Lentils Soups
- 100. Minestrone (gluten-free)

Burritos

- 101. Rice, pintos or black beans, protein (scrambled eggs/saffrita tofu/chopped chicken breast/sliced beef filet mignon) and toppings of corn, cheese, chili salsa (homemade always)

Healthy Snacks (for breakfast or anytime during the day)

- 102. Goddess Green Smoothie Spinach, blueberry, pineapple, collagen, fibers, Chia seeds, maca, greens powder (individual frozen packed) – You can mix with 1 ½ of milk (dairy or simply water)
- 103. Protein Chocolate Powder, Banana Peanut Butter and Cacao Powder (Individual frozen packed) – You can mix with 1 ½ of milk (dairy or simply water)
- 104. Protein Gluten-free Pancakes (cooked in coconut oil) Double Chocolate – Blueberry – Vanilla & Raspberry
- 105. Energy Bites (dried fruits, roasted nuts, terrified seeds, nuts butter or Tahini sesame butter)
- 106. Protein Muffin on the Go Go Go! (choices of blueberry, banana, sSugar-free chocolate, strawberry, raspberry, cranberry-orange, multigrain-raisin)

- 107. Grandma’s Banana Cake with Roasted Walnuts (revisited version gluten-free and sugar-free)
- 108. Keto Almond Cake (gluten-free sugar-free and fat-free): Chocolate Version or Cheese Bacon Chive Version
- 109. Protein Cookies (clean peanut butter / sugar-free chocolate / cranberry-orange)
- 110. Parfait - Organic Homemade Sugar-free Strawberry Yogurt (granola topping)
- 111. Chocolate Chia Pudding, the one and only!
- 112. Chocolate Cake (sugar-free and gluten-free)
- 113. Cheesecake Balls (strawberry – chocolate – butterscotch/praline)

- 114. Chef Marie's Cookies (sugar-free and gluten-free oh yeah!)
- 115. CHOCO-BIJOUX, a special chocolate treat from the Chef (artisan chocolate bars)

Salty Snacks on the Go!

- 116. Smoked Salmon Roll – Herbs Cream Cheese – Asparagus – Baby Spinach – Mango (low carb pita 50 cal)
- 117. Veggies Platter Vitamins-Recharge – Accompaniments of Hummus, Tzatziki or Onion Sour Cream
- 118. Chicken Slices, Mozzarella, Arugula, Dijonnaise Roll (low-carb pita 50 cal)
- 119. Turkey, Pepper Jack Cheese, Romaine Lettuce, Caramelized Onion, Dijonnaise (low-carb pita 50 cal)
- 120. Hummus, Carrot, Cabbage Coleslaw, Baby Spinach Roll (low-carb pita 50 cal)
- 121. Simple Fresh Fruit Salad
- 122. Sesame Honey Bite with dried fruits and roasted nuts
- 123. Raw Walnuts, raw Brazil nuts, Dried Apricot, Dried Cranberry, Pumpkin Seeds and Sunflower Seeds Mix (unsalted - no oil)
- 124. Smoked Salty Almonds, Sesame Sticks, Pretzels and Peanuts
- 125. 3 Proteins Pack: Chicken Cubes - Mozzarella Cheese Cubes - Roasted Almonds
- 126. Crudités (Fresh Cut Veggies) - Onion Dip or Hummus or Spinach Dip
- 127. Cheese Cubes, Grapes, Roasted Nuts
- 128. Salami Genoa Slices, Cheddar Cubes, Olives and Roasted Nuts
- 129. Cottage Cheese and Strawberries
- 130. Yogurt (Homemade) and Berries (add granola toppings to your liking)
- 131. Egg Bites (chive, Gruyère cheese and bacon)
- 132. Mama Mia's Broth (Chicken or Vegetables)



Holistic Cuisine – Healthy – Nutritious – Delicious

Chef Marie prepares your meals while taking into consideration all food requirements. “We all eat differently, and our taste is unique.”

Private Chef Services on Site or Delivered

Rates: 1 person is a 6-hour (\$50/hr) preparation including grocery time and delivery (1 HR grocery – 4.5 HRS preparation – 0.5 HR delivery)

Add 2-2.5 HRS(\$50/hr) per person per weekly menu order

For ex. the rate for 1 person is \$50.00/hr x 6 hrs + grocery (\$70 and up for 1 person depending on the food requirements (organic food, gluten-free products, sugar-free products, quality oils, etc.)



General Terms and Conditions

If the order is canceled by giving notice to MCHEF© more than 48 hours before the day of the service, a cancellation fee of \$35.00 will apply.

If the order is canceled by giving a notice to MCHEF© within 48 hours before the service, the invoice must be paid in full, or another date must be agreed upon.

*Payment to be made in full at the time groceries are purchased, generally about 24 hours in advance before the service. Thank you for your understanding.

Ø All services are payable to MCHEF LLC. by cash or credit card (extra charge of 3%) or by PayPal (extra charge of 3%)

Ø Travel costs may apply if the location of the service is more than 30 minutes away from zip code 89123

Ø Gratuity is at the discretion of the client

MCHEF© offers you the following possibilities

Ø Fresh Organic Quality Food Products/Produces at all times

Ø Culinary Preparation by Chef Marie

Ø Wine & Food Pairing Suggestions according to your budget

NEW CHEF IN LAS VEGAS

I am a French-Canadian Chef (ITHQ Culinary School Certified in 2003) and I make the cooking experience a fun event for the pleasure of taste buds: vibrant colorful dishes and beverages!

I have developed over the years a unique line of certified organic filler-free allergy-free herbs and spices. I manage R&D projects and my expertise is in allergens.

I am also an author, international show guest and host the podcast MCHEF© Burst of Flavors. Discover my new cookbooks!

Since 1999, I have been involved in Montreal's French cuisines and restaurants. I am a Reiki Usui practitioner and focus on a holistic cooking approach to the benefits of everyone's well-being.

My culinary style is traditional French Cuisine combining Mediterranean and Middle Eastern flavors and perfumes.

My cuisine is truly a burst of flavor! I invite you to live a unique multi-sensory experience for the delight of your taste buds!

Chef Marie-Dominique Rail offers In-home Personalized Private Chef Services:

Ø Weekly Meals delivered to you or prepared in your home

Ø Master Cooking Classes for individual, children, small group of adults, and small children party

Ø Cooking Demonstrations for trade shows and special events

If you have any questions or any dishes that you would like to add to the menu, please contact me directly 702-482-2886.

I am just a call or a text away!



I offer a referral program - I give \$50 discount to your next order when a person calls for private chef services referred by you. It is a nice way to work together.

Namasté,

Marie-Dominique Rail

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