



## Reiki Chef Marie Prepared Meals

386-334-2277 (texts and calls) / reikichefmarie@gmail.com

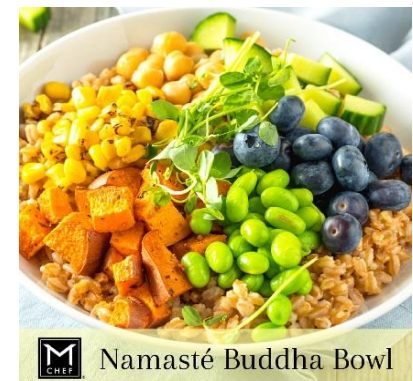
[www.reikichefmarie.com](http://www.reikichefmarie.com)

French Loaf Bread & Energy Bites are offered as complementary ... For the Love of Good Food!

**PICK YOUR FAVORITE MEALS / WEEK AND MORE! Choose what pleases you! (no minimum required)**

### **Vegetarian Nutritious Dishes**

1. The Glowing Skin Salad (beet, roasted walnuts, broccoli, quinoa - sunflower butter vinaigrette)
2. Fruit Salad - Choices of toppings of:
  - 2.1 Granola (rolled oats, plain or my favorite mix with coconut oil, apricot, cranberry, toasted coconut shreds (+sugar-free chocolate chips))
  - 2.2 Fine Herbs Feta Crumbles
  - 2.3 Gourmet 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. Sautéed Zucchini Juliennes (olive oil, Kalamata olives, garlic, fine herbs, Pesto Genoa, Parmesan, roasted red bell pepper, red onion)
6. Zen Bowl & Creamy Dragon Sauce (beets, carrots, sprouts, brown rice, alfalfa, daikon)
7. Frittata (Spanish omelet) with Veggies and Cheese (optional bacon or vegan bacon)
8. Eggplant Parmigiana (pan-fried breaded, Tomato sauce and Basil)
9. Veggie Patties (lentil, rice, mushrooms, onions, carrots) with Creamy Mushroom Sauce
10. Pizza on Naan bread with Veggies and Cheese (optional bacon or vegan bacon)
11. Superfood & Protein Green Salad (kale, baby spinach, sprouts), Carrots, Beets, 2 Boiled Eggs, Roasted Nuts and Seeds, Cheese and French Vinaigrette
12. Provençal Sautéed Tofu and Fried Onion, grilled Portobello and Bell Peppers served with Quinoa
13. Vegetable Dahl (lentil) Hot Curry Stew or Masala Chickpea Vegetable Hot Yellow Curry Stew (MY FAVORITES)
14. Omelet (tuna or chicken, onion, cheese, chives and scallions)
15. Florentine Quiche
15. Delicious Chana Masala (chickpea, onion, garlic, ginger, secret spices, tomato, yogurt, lemon and cilantro)
16. Garlicky Sautéed Tofu, Creamy Mushroom Sauce and Parsley
17. Vegetarian Lasagna (ricotta, mozzarella, Parmesan, Grilled Zucchini, Pasta, Sicilian Tomato Sauce)
18. Eggplant Alla Parmigiana with a side of Angel Pasta
19. Seared Tofu, Creamy Garlicky Mushroom Sauce, Mashed Potato or Sautéed Duo Potatoes, Brussels Sprouts
20. Mild Curry Vegetable Stew, Basmati Rice and Broccoli
21. Mozzarella, Tomato, Arugula, Pesto Salad Dressing, Roasted Pine Nuts and a side of Angel Pasta 🍷 Al Olio & Parmesan
22. Sautéed Chipotle Tofu, Pilaf Rice and Refried Pinto Beans (my way), Tomatillo Salsa
23. Panko Oven-baked Asparagus and Balsamic Vinaigrette
24. Tortellini Romanoff, Sautéed Mushrooms (Persillade: Garlic and Parsley)
25. Gnocchi, Pesto, Broccoli, Red Bell Pepper, Artichoke and Cherry Tomato
26. Fettuccini Alla Arrabbiata (Spicy Sicilian Tomato Sauce & Basil) served with Sautéed Mushrooms and Garlic Spinach



Namasté Buddha Bowl

27. Spaguetti Bolognese (Tofu) over Zucchini Juliennes Ail Olio
28. Amazing Veggie Patties (lentil, sweet potato, onion, carrot, zucchini), Orange-Cilantro-Honey Yogurt Sauce served
29. Mozzarella, Tomato, Arugula, Pesto Salad Dressing, Roasted Pine Nuts and a side of •Angel Pasta Al Olio Prima Vera (Vegetables)
30. Vegetarian Lasagna Light on Cheese (ricotta, mozzarella, Zucchini, Pasta (Organic Whole Wheat) , Sicilian Tomato Sauce
31. Tortellini Romanoff Light on Cream, Sautéed Mushrooms (Persillade: Garlic and Parsley)
32. Oven-baked Eggplant Alla Parmigiana with a side of Garlic Broccolini
33. Gnocchi Pesto, Cream, Parmesan; Broccoli, Red Bell Pepper, Artichoke and Cherry Tomato
34. Sun-shaped ravioli (mushrooms) Ratatouille
35. Oven-baked Asian-Style (Ginger-Garlic-Tamari Sauce) Tofu, Oven-baked Balsamic Brussels Sprouts / Oven-baked Cauliflower
36. Panko Oven-baked Asparagus and Balsamic Olive Oil Vinaigrette
37. Mashed Pinto Beans (tomato, onion, garlic, cumin, chili powder, paprika, cilantro), Mexican Rice (Corn, Paprika, Lime Fresh Herbs) and Steamed Broccoli
38. Parmesan Risotto, Grilled Portobello and Toasted Pine Nuts
39. Dumplings, I make delicious ones with a tasty Vietnamese Sauce & Sautéed Garlic Green Veggies - Bok Choy / Broccoli / Phan Carrot
40. Dragon Bowl: Grilled Ginger Honey Glazed Tofu Slices, Brown Jasmine Rice, Asian-style Veggies and Amazing Dragon Sauce (Nutritional Yeast, Maple Syrup, Garlic, Cashew Butter, Tamari Sauce)
41. Warm Hearty Salad: Cajun Oven-Baked Cauliflower, Balsamic Oven-Baked Brussels Sprouts, Wild Rice and Oven-baked Sweet Potato & Shallots
42. Grilled Zucchini, Eggplant, Red Bell Pepper and Red Onion, Pesto Dressing on the side and Parmesan Shaves
43. Chili (Tofu, Red Kidney Beans, Onion, Tomato, Spices) served with Mexican Rice (Corn, Tomato, Spices), Sour Cream & Queso Cheese on the side
44. Fajitas (Tofu, Red Bell Pepper, Onion, Spices), Sour Cream, Cilantro Salsa on the side served with accompaniments of Rice & Re-fried Black Beans
45. Veggie Patties (Green Lentil, Mushroom, Onion, Potato, Parsley), Yogurt Sauce (Tzatziki Style), Pilaf Rice, Oven-Baked Cauliflower (Paprika and Garlic)
46. Tortellini Spinach Florentine, Cream, Parmesan
47. Panko Oven-baked Asparagus & Aioli

### **Wild-Caught Seafood & Fish (Choose 1 side dish and vegetables below)**

48. Oven Baked Shrimps (size 16/20) Cajun Style and Broccoli (garlic, Cajun spices, olive oil, butter, parsA61:F81ley)
49. Thai Grilled (King, Coho or Sockeye) Salmon (ginger, garlic, cilantro, sesame oil)
50. Seared Wild Caught Fish (Chilean Sea Bass, King Salmon, Sockeye Salmon, Coho Salmon, Albacore Tuna, Swordfish, Yellow Fin Tuna, Turbo,
51. Halibut, Dover Sole or Atlantic Cod, Secret Islands Spices Marinade, Lemon Wedges
52. Scallops, Citrus Butter Sauce and Fried Shallots
53. Alaskan Sockeye Smoked Salmon Tartare (capers, lemon, shallot, fine herbs, olive oil, dried tomato pesto)
54. Oven-Baked Salmon (King or Coho or Sockeye), Ginger Beurre Blanc
55. Seared White Flesh Fish (Chilean Sea Bass, Turbo, Scrabble Fish, Dover Sole and Atlantic Cod), White Wine Creamy Sauce
56. Panko-Seared Tuna (Albacore or Yellow Fin), Japanese Mayo Sauce
57. Portuguese Cod Bacalao (potato, garlic, onion, parsley, egg)
58. Seared White Flesh Fish (Chilean Sea Bass, Turbo, Scrabble Fish, Sole or Atlantic Cod), Lemon Capers Butter Sauce
59. Oven-baked White Flesh Fish (Chilean Sea Bass, Turbo, Scrabble Fish, Sole or Atlantic Cod), Lemon Dill Butter Sauce
60. Pan-fried White Flesh Fish (Chilean Sea Bass, Turbo, Scrabble Fish, Sole or Atlantic Cod), White Wine Creamy Sauce
61. Panko-fried White Flesh Fish (Chilean Sea Bass, Turbo, Scrabble Fish, Sole or Atlantic Cod) & Ginger Butter Sauce, Lemon and Chives
62. Shelled Lobster, White Wine Garlic Butter Sauce
63. Shrimps - Scallop - White Fish Lasagna (Béchamel sauce, cheese and garlicky spinach)
64. Crab Cakes & Horseradish Tartar Sauce

- 65. Grilled Mediterranean Salmon & Caesar Salad (Caesar Salad Dressing & Croutons on the side)
- 66. Panko Shrimps (Oven-baked) & Caesar Salad (Caesar Salad Dressing & Croutons on the side)
- 67. Crab Louie Salad & Thousand Islands Salad Dressing (crab meat and Panko, shrimps, butter lettuce, carrot, cherry tomato, cucumber, red cabbage, green onion)

### Lean Quality Meats

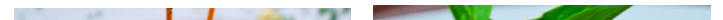
- 68. Spaguetti Bolognese (Ground Turkey, Chicken or Beef) over Zucchini Juliennes Ail Olio and Parmesan
- 69. Chicken Dumpling and Wok-Sautéed Asian-Style Veggies (bokchoy, red bell pepper, broccoli)
- 70. Chicken Parmigiana (Pan-fried breaded chicken breast, Mozzarella, good healthy Sicilian tomato sauce)
- 71. Chicken Fajitas (Grilled Lemon Chicken Breast, Red Bell Pepper, Onion, Cilantro, MCHEF MEXICO SPICES)
- 72. Chicken Tacos, Corn, Black Beans, Chipotle, Queso Cheese, Sour Cream on the side
- 73. Turkey Meatloaf, Grandma Jano's Traditional French Recipe and Wine Tomato Sauce
- 74. Italian Meatballs - The Traditional Way! Delicious!



- 75. Gyro Slices and Tzatziki
- 76. Chicken Cordon Bleu (stuffed with Bayonne ham and Gruyere cheese, breaded and pan-fried)
- 77. Chili – The Authentic, Sour Cream & Queso Cheese on the side
- 78. Chicken Burrito Bowl (rice, beans, corn, chipotle Sauce)
- 79. Chicken Breast, Creamy Mushroom Sauce (a classic!)
- 80. Bacon-Wrapped Chicken Breast, Dijon Creamy Red Wine Sauce
- 81. Chicken Breast Stuffed with Ricotta Cheese and Pesto (pan-fried breaded), Creamy Garlicky Sauce
- 82. Lorraine Quiche Gratiné
- 83. Hearty Chicken / Shrimps / Fish TACOS (2), your choice!



- 84. LOL Cheeseburger without bread...I call them Bear Paws! (ground bison or beef or turkey or chicken)
- 85. Chicken Tikka Masala (tomato, garlic, ginger, secret spices, cream and cilantro)
- 86. Grass-fed Short Ribs (or Steak or Filet Mignon) & Incredible Red Wine Sauce
- 87. Chicken Teriyaki & Sautéed Asian-Style Vegetables
- 88. Filet Mignon or Steak, Classic Mushroom Cream Sauce
- 89. Korma Stew (chicken, beef or lamb, please let me know! with yogurt, tomato paste, potatoes, green peas, carrot and chickpeas)
- 90. Keema Aloo Stew (beef, potatoes, carrots, green peas, tomato paste, ginger, garlic, cream and curry paste)
- 91. Old-fashioned Sheppard Pie (layers of ground beef, corn, buttery mashed potato)
- 92. Chicken à la Florentine (cream, spinach, garlic, Parmesan and parsley)
- 93. Indian Chicken Curry (Murgh Kari - onion, garlic, ginger, secret spices, tomato, yogurt & cilantro)
- 94. Chicken Biryani (onion, garlic, ginger, yogurt, secret spices, Dijon mustard, cilantro and mint)
- 95. Beef Bourguignon (Beef cubes, onion, carrot, celery, potato, mushroom, tomato) & Toppings of Sautéed Garlic Mushrooms, Crispy Bacon, Caramelized Onion Pearls
- 96. Chicken Alla King (chicken breast stew, creamy sauce (carrot, celery, potato onion and fine herbs) covered with dough)
- 97. Mixed Grilled Chicken Breast & Sausage and Mustard Spread
- 98. Kebab (ground beef, turkey or chicken) and Hummus Spread
- 99. Chicken Chile Relleno (chicken breast stuffed with grilled bell pepper, pepper monterey jack cheese, breaded and pan-fried) and Mexican-style Tomato Sauce
- 100. Protein, rice, pintos or black beans (scrambled eggs/sofrita tofu/chopped chicken breast/sliced beef filet mignon) and toppings of corn, cheese, sour cream, chili salsa (homemade always)
- 101. Bacon and Chicken Breast Wrap with Parmesan Mayonnaise
- 102. Chicken Fried Rice with Sautéed Veggies (onion, bell pepper, mushroom, broccoli and scrambled egg)



## Pasta (gluten-free or regular)

- 103. Italian Mama Meatballs - Tomato Sauce - Spaguetti
- 104. Arrabbiata (spicy) Ravioli
- 105. Chicken Alfredo Fettuccini
- 106. Amazing Cheese Macaroni
- 107. Carbonara (crispy bacon, Parmigiano Reggiano, cream, yolk, garlic, parsley)
- 108. Basil Pesto Linguini and Green Veggies
- 109. Sun-Dried Tomato Pesto Mini Cheese Ravioli and Grilled Veggies (eggplant, zucchini, mushroom and red bell pepper)
- 110. Wok Shirataki (plant-based - 0 cal. - 0 carb.) Noodles and Veggies - (choice of tofu, chicken or beef, to your liking)
- 111. Sautéed Garlic Shrimps Pasta (cream, lemon, shallots, chives)
- 112. Pesto Cheese Ravioli, Spinach Florentine and Veggies



## Side Dishes

- 113. Superfood Pilaf Rice
- 114. Creamy Risotto (cheese or spinach or mushroom)
- 115. Biryani Basmati Rice (raisins, spices, onion)
- 116. Moroccan Quinoa (apricot, spices, prune, almond)
- 117. Sesame Jasmine Rice
- 118. Potato Gratin Dauphinois (heavy cream, garlic, nutmeg)
- 119. Sautéed Duo Sweet Potato and Idaho or Russet Potatoes and Onions
- 120. Roasted Lemon Greek Potato
- 121. Mashed Potato -Garlic / Parmesan / Parsley
- 122. Ala Olio (butter, olive oil, garlic) Pasta
- 123. Cuban Black Beans (tomato, onion, spices)
- 124. Zaalouk Sautéed Chickpeas (tomato, onion, garlic, cilantro)
- 125. Cauliflower Rice (garlic, Tamari sauce, parsley, spices)
- 126. Spinach Florentine (heavy cream, garlic, parsley)
- 127. Sweet Potato Puree and Caramelized Onions
- 128. Prosciutto Chips
- 129. Parmesan Chips
- 130. Cauliflower Rice - Asian style
- 131. Cauliflower Gratin (cream, cheddar, Parmesan)
- 132. Panko Oven-baked Asparagus and Balsamic Vinaigrette
- 133. Naan Bread (Plain , Fine Herbs, Garlic or Cheese Gratiné)
- 134. French Loaf Bread (White Flour / Whole Wheat Flour / Gluten-free) (500 g - sliced or not sliced)
- 135. Olive Oil Italian Loaf Bread (450 g) - sliced or not sliced)
- 136. Broccoli (steamed, oven-baked or sautéed with olive oil, garlic, chili and parsley)
- 137. Cauliflower (steamed, oven-baked Cajun-style or sautéed with olive oil, garlic, chili and parsley)
- 138. Asparagus (steamed, oven-baked or sautéed with olive oil, balsamic, pink salt and black ground pepper)
- 139. Kale (fresh or sautéed with garlic and parsley)



140. Spinach (fresh or sautéed with garlic and parsley)
141. Roasted Balsamic Brussels Sprouts (with crispy bacon (regular or vegan))
142. Honey Ginger Caramelized Carrots
143. Zucchini Juliennes with Pesto and Parmesan (raw, sautéed in olive oil or grilled in olive oil)
144. Roasted Bell Peppers, Onion, Zucchini with Cilantro (sautéed on plancha)
145. Green Salad (Baby Spinach, Kale, Cherry Tomatoes, Cucumbers, Carrots & Healthy Vinaigrettes (Olive Oil & Balsamic Vinegar / Parmesan / Blue Cheese / Ranch / Red Wine Vinegar and Garlic))
146. Cabbage Coleslaw (vinegar and fine herbs)
147. Garlic Sautéed or Oven-baked Kale
148. Ratatouille (zucchini, eggplant, tomato, garlic)
149. Greek-Style Tomato, Cucumber, Feta, Oregano
150. Italian-Style Bocconcini, Tomato, Basil, Lemon
151. Roasted Honey Butter squash
152. Sautéed Butter/Parsley Carrots
153. Zucchini Juliennes/Pesto
154. Moroccan Couscous (bulgur, plum, chickpea)
155. French-Style Lentils (Celery, Carrot, Shallot)
156. Mexican Corn (Jalapeño, Queso, Garlic)
157. Cauliflower Gratin (Béchamel, Parmesan)
158. Oven-baked Cajun Cauliflower
159. Turnip/Carrot Mashed
160. Roasted Cabbage (chili flakes, garlic)
161. Green Beans
162. Sautéed Garlic Green Beans
163. Sautéed Garlic Broccoli
164. Roasted caramelized honey parsnip/carrot
165. Sautéed Chickpeas (tomato, cilantro, cumin)
166. Zaalouk (eggplant, tomato, garlic, parsley, chive - mashed)

### Hearty Soups

167. Good Old-Fashioned Chicken Noodle Soup (gluten-free – low in salt)
168. Weight Loss Vegetable Soup (only veggies -low in salt)
169. Vegetable Cream (veggies – heavy cream)
170. Leek and Potato Cream (heavy cream)
171. Asian Style (pho soup - packed separately (veggies - broth - rice noodles)
172. Protein Lentils Soups
173. Lentil and Spinach Soup
174. Minestrone (Onion, Celery, Carrot, Cabbage, Tomato, Orzo, Cannellini Beans, Parsley, Oregano, Garlic, Ground Beef - Turkey or Chicken or without meat)
175. Greens Cream
176. Reiki Broth (chicken or vegetable)



## Healthy Snacks (for breakfast or anytime during the day)

177. Goddess Green Smoothie Spinach, blueberry, pineapple, collagen, fibers, Chia seeds, Maca, green powder (individual frozen packed) – You can mix with 1 ½ cups of milk (dairy or simply water)
178. Protein Chocolate Powder, Banana Peanut Butter and Cacao Powder (individual frozen packed) – You can mix with 1 ½ of milk (dairy or simply water)
179. Protein Gluten-free Pancakes (cooked in coconut oil) Double Chocolate – Blueberry – Vanilla & Raspberry
180. Energy Bites (Dried fruits, roasted nuts, Chia seeds, nuts butter or Tahini sesame butter, toasted coconut shreds)
181. Protein Muffin on the Go Go Go! (choices of blueberries, banana, sugar-free chocolate, strawberry, raspberry, cranberry-orange, multigrain-raisin)
182. Protein Cookie (double chocolate, chocolate chips, macadamia and white chocolate, cranberry and orange, your choice!)
183. Grandma's Banana Cake with Roasted Walnuts (revisited version gluten-free and sugar-free)
184. Keto Almond Cake (gluten-free sugar-free and fat-free): Chocolate Version or Cheese Bacon Chive Version
185. Protein Cookies (clean peanut butter / sugar-free chocolate / cranberry-orange)
186. Parfait - Organic Homemade Sugar-free Strawberry Yogurt (granola topping)
187. Chocolate Chia Pudding, the one and only!
188. Chocolate Cake (sugar-free and gluten-free)
189. Muffins (multigrain, orange and cranberry, chocolate chip, lemon and blueberry, double chocolate, banana and walnut)
190. Chef Marie's Cookies (sugar-free and gluten-free oh yeah!)
191. CHOCO-BIJOUX, a special chocolate treat from the Chef (artisan chocolate bars)
192. Cheesecake Pie (plain (vanilla) or chocolate or strawberry or peach and white chocolate)

## Salty Snacks on the Go!

193. Smoked Salmon Roll – Herbs Cream Cheese – Asparagus – Baby Spinach – Mango (low carb pita 50 cal.)
194. Veggies Platter Vitamins-Recharge – Accompaniments of Hummus, Tzatziki or Onion Sour Cream
195. Chicken Slices, Mozzarella, Arugula, Dijonnaise Roll (low-carb pita 50 cal.)
196. Turkey, Pepper Jack Cheese, Romaine Lettuce, Caramelized Onion, Dijonnaise (low-carb pita 50 cal)
197. Hummus, Carrot, Cabbage Coleslaw, Baby Spinach Roll (low-carb pita 50 cal)
198. Simple Fresh Fruit Salad
199. Sesame Honey Bite with dried fruits and roasted nuts
200. Raw Walnuts, raw Brazil nuts, Dried Apricot, Dried Cranberry, Pumpkin Seeds and Sunflower Seeds Mix (unsalted - no oil)
201. Smoked Salty Almonds, Sesame Sticks, Pretzels and Peanuts
202. Proteins 3 Pack: Chicken Cubes - Mozzarella Cheese Cubes - Roasted Almonds
203. Crudités (Fresh Cut Veggies) - Onion Dip or Hummus or Spinach Dip
204. Cheese Cubes, Grapes, Roasted Nuts
205. Salami Genoa Slices, Cheddar Cubes, Olives and Roasted Nuts
206. Cottage Cheese and Strawberries
207. Yogurt (Homemade) and Berries (add granola toppings to your liking)
208. Egg Bites - Starbuck-Style (chive, Gruyere cheese and bacon)
209. Tortilla, Re-fried Beans (my way) Salsa and Guacamole
210. Devil Eggs (4 halves), Bacon and Chives
211. Tofu Spread, Grilled Mediterranean Flat Bread, Carrot Sticks, Cherry Tomatoes, Cucumbers and Olives
212. Apricots and Natural Toasted Almonds, Brazilian Nuts and Macadamia



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

### *Private Chef Services*

Rates: 1 person is between a 4.5 to 6-hr. (\$50/hr.) preparation including grocery time (Apr. 1 hr. grocery – 4.5 hrs. food preparation – 0.5 hr. delivery)

Add 1 to 2.5 HRS (\$50/hr.) per person per weekly menu order.



### **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 32118
- 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

### *REIKI CHEF MARIE*

Hello, I come from Montreal QC, graduated from ITHQ Culinary School in 2003. I love to say that I make the cooking experience a fun event for the pleasure of taste buds: vibrant colorful dishes & beverages!

I have developed over the years a unique line of certified USDA organic filler-free allergy-free herbs and spices (<https://www.etsy.com/shop/mchefshop>). This project took 10 years in R&D to achieve!

You are invited to discover my 3 new cookbooks, all available on [www.amazon.com/mchef](http://www.amazon.com/mchef) or on Etsy, in English version and French if you are interested to learn more about French!

Since 1999, I have been involved in French cuisines and restaurants. I am also 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!

If you have any questions please contact me directly 386-334-2277 and by mail at [reikichefmarie@gmail.com](mailto:reikichefmarie@gmail.com). I am at your service. I would love to cook for you!

I am just a call or a text away! If there is a meal that you would like to enjoy and that is not on the menu, please let me know!

I offer a referral program - \$50 discounted to your next order when a person books chef services referred by you. It is a nice way to collaborate together.

Namasté,

Marie-Dominique Rail

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