



PLANT
BASED **DAILY**
CONCIERGE MENU

Kristine Kelly

Chef and Founder

Kristine Kelly founded Plant Based Daily in St Barth with a desire to educate and nourish her local community with nutritious food created with vibrant flavors using the most local and purest ingredients possible.

Eating clean has transformed her life and she is passionate about teaching others how to live this healthy lifestyle.

Let food be thy medicine, and medicine be thy food.

Hippocrates

The cuisine she specializes in consists of a Plant Based foundation, which is then customized to clients dietary sensitivities and nutritional goals.





PLANT BASED **DAILY**

Kristine graduated from Matthew Kenney Culinary with a concentration in plant based cuisine, culinary nutrition, superfood nutrition, Ayurveda and Traditional Chinese Medicine. She also graduated from Raw Living with a focus in raw plant based cuisine and detox. Each year Kristine travels to a different country to study their local cuisine, which inspires new flavors and menu creations.

When we take the time to really enjoy food in its purest form, we nurture our bodies; provide warmth to our souls, especially when it's made with love.

Enhancing beauty with plant food.

Kristine Kelly



SAMPLE MENUS

DETOX

ELIXIRS

BEAUTY ELIXIR

Living Chlorophyll, Chlorella, Coconut Water, Lime

IMMUNITY ELIXIR

Lemon, Ginger, Turmeric, Cayenne, Oil of Oregano, Raw Honey.

VITAMIN C SHOT

Orange, Lemon, Apple Cider Vinegar, Turmeric, Cayenne, Black Pepper

VITALITY SHOT

Blue Majik, Chlorophyll, Ginger, Orange Juice, Cayenne.

TONICS

BLUE MAGIC MILK

Raw Almonds, Raw Cashews, Coconut Milk, Blue Majik, Cinnamon, Raw Honey.

COCONUT ALMOND MILK

Coconut Water, Raw Almonds.

INDIAN CHAI LATTE

Assam black tea, Cloves, Cardamom, Cinnamon, Whole Black Peppers, Fennel Seeds, Star Anise, Ginger Root, House-made Almond-Brazil Nut Milk, Raw Honey.

MATCHA LATTE

Ceremonial Matcha from Uji, Kyoto region, Chlorella, Housemade Almond Milk, Tocotrienols, Raw Honey.

YOGI'S SUNFLOWER SEED TONIC

Sunflower Seeds, H2O, Reishi, Date, Cacao, Vanilla.



DETOX

TONICS

I AM PASSIONATE TONIC

Cistanche, Epemidium, Maca, He Shou Wu, Goji, Schizandra, Coconut Oil, Raw Honey, Gynostemma Tea.

I AM SUSTAINED TONIC

Shiljat, Cacao, Reishi, Mesquite, Maca, Pine Pollen, Ginseng.

CHAGA NOT-COFFEE

Coconut Milk, Dandy Blend, Chaga, Maca, Mesquite, Himalayan Pink Salt.

LIONS MANE TONIC

Lions Mane, Cistanche, Epimedium, Macura, Pine Pollen, Almond Milk, Ghee, Raw Honey, Dates, Cinnamon, Gynostemma Tea.

BLUE MAGIC MILK

Raw Almonds, Raw Cashews, Coconut Milk, Blue Majik, Cinnamon, Raw Honey.

BLESSED BUCHA

Black Tea, Green Tea, Cane Sugar, Kombucha Culture, Apple, Turmeric, Ginger, Cordyceps, Black Pepper, Long Pepper.

CBD TONIC

Cacao Powder, Chia Seeds, Dandy Blend, Black Sesame Seeds, Chaga, Maca, Mesquite, Reishi, Eucommia, He Shou Wu, Coconut Oil, Ghee, Raw Honey, CBD oil, Cinnamon, Himalayan Pink Salt, Gynostemma Tea.

DETOX

MINERAL BROTH TONICS

MINERAL BROTH

H2O, Onion, Green Onion, Carrot, Celery, Garlic, Ginger, Shiitake Mushrooms, Olive Oil, Apple Cider Vinegar, Sea Salt, Black Pepper, Bay Leaf, Kombu.

BEAUTIFYING MINERAL BROTH TONIC

Mineral Broth, Turmeric Juice, Lemon Juice, Pine Pollen, He Shou Wu, Eucommia Bark, Vegan Ghee, Cayenne.

LONGEVITY MINERAL BROTH TONIC

Mineral Broth, Lemon Juice, Ginger, Umeboshi Paste.

IMMUNITY BONE BROTH TONIC

Mineral Broth, Reishi Mushroom, Turmeric, Ginger, Lemon, Cayenne, Himalayan Pink Salt.

FIVE ELEMENTS MINERAL BROTH TONIC

Mineral Broth, Gynostemma (wood/liver), Ginseng (earth/spleen), Reishi (fire/heart), Cordyceps (meal/lungs), Astragalus (water/kidney), Apple Cider Vinegar, Maca, Himalayan Pink Salt.

CHERRY CHAI LATTE

Ashwagandha Root, Green Cardamom, Cinnamon Bark, Ginger, Black Peppercorn, Fennel Seed, Star Anise, Tonka Bean, Cardamom, Raw Honey, Macadamia Nut Milk, Freeze Dried Cherry Powder.

ANTI-INFLAMMATORY TEA

Ginger, Turmeric Root, Rooibos Tea, Goji Berries, Clove, Cardamom, Black Peppercorn, Coconut Oil.



DETOX

JUICES

DETOX LEMONADE

Lemon, H2O, Raw Honey, Cayenne.

DETOX ME

Celery and Cucumber or 100% Celery Juice.

ACTIVATED CHARCOAL LEMONADE

Activated Charcoal, Lemon, H2O, Xylitol.

TOTAL DETOX

Romaine, Kale, Cucumber, Celery, Lemon, Ginger

SKIN BEAUTY CLEANSE

Romaine, Cucumber, Pineapple, Lime, Cilantro

WATERMELON BLISS

Watermelon, Cucumber, Mint

TROPICAL GODDESS

Orange, Pineapple, Cayenne, Ginger

PURPLE RAINDROPS

Pineapple, Green Apple, Red Cabbage, Parsley

BUTTERFLY PEA FLOWER LEMONADE

Butterfly Pea Flower Tea, H2O, Lemon, Xylitol.

REISHI-MUCUNA CHIA LEMONADE

Reishi, Mucuna, Chia Seeds, Lemon, H2O, Raw Honey.



BREAKFAST

CHIA PARFAIT

Chia Seeds, Almond Milk, Hemp Seeds, Bee Pollen, Tocotrienols, Seasonal Fruits.

BLUE MAGIC OVERNIGHT OATS

Oats Soaked in Almond-Coconut Milk, Topped with Berry Coulis, Salted Reishi Granola, Superfoods.

MEDICINAL BERRY BOWL

Blackberries, Kombucha, Raw Cacao Powder, Almond Butter, Maca Powder, Medjool Date, Spirulina. TOPPING: Cacao Nibs, Maple - Pecan Granola (Oats, Pecans, Cinnamon, Maple, Coconut Oil, Vanilla, Sea Salt), Seasonal Fruit.

GF CHICKPEA PANCAKES

Chickpea Flour, Organic Eggs or "Flax Eggs", Scallions, Bell Peppers, Coconut Oil, Cilantro, Mango Salsa, Fresh Herbs.

GREEN CASSAVA PANCAKES

Spirulina, Cassava Flour, Whole Wheat Pastry Flour, Banana, Almond Milk, Eggs or "Flax Eggs", Raw Honey, Cinnamon, Jalapeño, Bee Pollen.

SPICED UP INDIAN EGG SCRAMBLE

Avocado, Eggs, Ghee, Cumin Seeds, Turmeric, Hing, Onion, Serranos, Ginger, Garlic, Tomatoes, Chili Powder, Garam Masala, Cilantro.

DOSAS (FERMENTED INDIAN CREPES)

Urad Dal, Fenugreek, Chawal, Ukda Chawal, Poha, Ghee.

BEET + SPINACH IDLIS (FERMENTED INDIAN BREAD)

Beet, Spinach, Semolina, Yogurt, Jaggery, Curry Leaves, Cashews, Hing, Cilantro, Yellow Split Peas, Black Mustard Seeds, Cumin Seeds, Split Lentils, Green Chilis, Ghee.



LUNCH

FIVE ELEMENT SALAD BOWL

Leafy Greens, Nuts/Seeds, Fruit, Surprise Element, Dressing. Lemon - Honey - Olive Oil Dressing or Vegan Aioli (Aquafaba, Garlic, Salt, White Pepper, Lemon Juice, Grapeseed Oil). (Exp. Surprise Element: Sun Dried Tomato, Olive, Vegan Cheese, Sauerkraut, Lacto-Fermented Radish, etc)

VEGGIE NORI WRAPS

Tamari, Maple, Nut Butter, Spinach Leaves, Avocado, Cucumber, Carrot, Red Cabbage, Cilantro, etc.

MISO CARROT CUCUMBER SALAD

Red or White Miso, Toasted Sesame Oil, Cucumbers, Carrot, Rice Vinegar, Toasted Sesame Seeds, Wakame.

GOYA CHAMPURU (OKINAWAN)

Bitter Melon (Goya), Carrot, Onion and Egg or Tofu.

ASA-JIRU (OKINAWAN)

Sea Lettuce Soup, Mushroom Based Dashi, 'Sa' (Okinawan seaweed), Tofu.

KIMCHI FRIED QUINOA

Quinoa, Kimchi, Kale, Eggs or Tofu Scramble, Scallions, Avocado, Ginger, Garlic.

RAW PROBIOTIC WRAP

Cucumber, Avocado, Carrot, Bell Pepper, Probiotic Cheese (Cashew, H2O, Lemon, Garlic, Nutritional Yeast, Sea Salt, Probiotics), Romaine, Sprouts, Nori, Green Onion.

WAKAME SALAD

Kale, Cabbage, Wakame, Kelp, Snap Peas, Cilantro, Apple, Cucumber, Scallion, Sesame Seed, Dressing: (Lemon Juice, Orange Juice, Mirin, Toasted Sesame Oil, Tamari, Chili, Garlic, Dates, Black Pepper, Sea Salt.)



LUNCH

MISO MACROBIOTIC BOWL

Wakame, Hijiki, Schichimi Togarashi Roasted Vegetables, Okra, Edamame, Forbidden or Brown Rice, Fermented Beets, Kale, Romaine, Miso Sunflower Dressing.

TACO SALAD BOWL

Romaine, Red Cabbage, Pepita-Lime Dressing (Grapeseed Oil, Pumpkin Seeds, Lime, Olive Oil, Cilantro, Dijon Mustard, Sea Salt, Cumin, Coriander), Black Beans, Corn, Bell Pepper, Red Onion, Taco Crumble (Walnuts, Cilantro, Green Onion, Sun Dried Tomato, Jalapeno, Olive Oil, Agave Nectar, Chili, Garlic, Paprika, Cumin, Chipotle, Cayenne, Sea Salt).

BLACK BEAN BURRITO

Black Bean Puree, Cashew Queso, Pico de Gallo, Plantain, Avocado, Purple Cabbage, Romaine, Brown Rice, Collard Greens Wrap, Cilantro.

RAW PIZZA

Walnuts, Pecans, Zucchini, Flaxseed, Nutritional Yeast, Cashew Ricotta, Arugula, Cherry Tomatoes, Shaved Brazil Nut Cheese, Kalamata Olives, Cilantro, Scallions, Microgreens.

SEXY GREEN BOWL

Market leafy greens, Fermented Veggies, Quinoa, Asian Pear or Green Apple, Dulse, Sprouts, Microgreens, Teriaki Almonds, Green Goddess Dressing.

RAW SUSHI ROLLS

Jicama or Coconut-Cauliflower Rice, Avocado, Cucumber, Bok Choy, Pickled Vegetables, Sprouts.

RAW ZUCCHINI LASAGNA

Zucchini, Macadamia Ricotta, Pistachio Pesto, Marinara, Heirloom Tomatoes.



LUNCH

HEALING CLARIFIED BROTH

King Oyster Mushroom, Avocado, Pickled Radish, Thai Chili Oil.

AYURVEDIC RAINBOW CARROT KIMPIRA

Carrots, Broccoli Stems, Sesame Oil, Miso, Sesame Seeds, Thai Chili, Micro Greens.

SESAME KELP NOODLES

Kelp Noodles, Almond Sesame Sauce, Activated Tamari Almonds, Scallions.

MUSHROOM TIRADITO

Lamongrass Leche de Tigre, Red Jalapeno Chili Oil, Dehydrated Sweet Potato Crisps.

MAGENTA MISO SMASH

Beets, Miso, Thai Chili, Garlic, Coriander, Lemon Juice, Extra Virgin Olive Oil, H2O, Sea Salt, Dehydrated Japanese Purple Sweet Potatoes, Dehydrated Okra Chips.

PROBIOTIC SALAD

*Arugula, Romaine, Fermented Vegetables, Dulse, Tamari Almonds, Hemp Seeds, Sunflower Seeds, Mung Beans, Quinoa.
Dressing: Extra Virgin Olive Oil, Nutritional Yeast, Spirulina, Local Peppers, Local Microgreens.*

SUNFLOWER CAESAR SALAD

Kale, Romaine, Sunflower Seeds, Miso, Dulse Flakes, Dehydrated Beet Flaxseed Crackers, Pepitas, Sunflower Seeds, Shaved Brazil Nuts, Quinoa.



HEALTHY SNACK BITES

SPROUTED MUNG BEANS + FRUIT BHEL

Kurmura (puffed rice), Chickpea Noodles, Mustard Seeds, Peanuts, Serrano, Turmeric, Hing, Vidalia Onion, Tomato, Orange, Grapes, Apple, Pomegranate, Chaat Masala, Lime juice, Cilantro.

CAN'T GET ENOUGH DEHYDRATED VEGGIE CONFETTI

Seasonal Vegetables, Coconut Oil, Cayenne, Turmeric, Sea Salt, Black Pepper.

BLUE MAJIK SEED CRACKERS + GUACAMOLE

Avocado, Red Onion, Lime Juice, Jalapeno De-seeded, Dehydrated Serrano Powder, Sea salt.

Seed crackers: Flaxseed, Blue Majik Powder, Wakame, Hemp Seeds, Cayenne, Sea Salt.

RAW GRANOLA BARS

Buckwheat Groats, Oats, Sunflower Seeds, Pumpkin Seeds, Hemp Seeds, Goji Berries, Mulberries, Golden Berries, Golden Flax Seeds, Chia Seeds, Raw Honey, Spirulina, Vanilla, Coconut Oil, Sea Salt.

APRICOT ALMOND POWER BARS

Raw Almonds, Oats, Coconut Oil, Medjool Dates, Apricots, Vanilla, Cinnamon, Sea Salt.

DEHYDRATED NACHO KALE CHIPS

House-made Cashew Sauce, Local Kale.



FERMENTED FOODS + TONICS

KOMBUCHA

Ginger
Apple-Ginger
Strawberry Basil
Pineapple-Cayenne
Passionfruit

COCONUT MILK KEFIR

Cardamom - Rose
Hibiscus
Vanilla Bean
Turmeric-Mango
Pineapple-Lime

LACTO-FERMENTED SAUERKRAUT CONFETTI

Lemon Ginger
Caraway-Fennel
Apple-Cinnamon

FACTO-FERMENTED KIMCHI

Napa Cabbage, Cucumber or Radish.



DINNER

GOBI MATAR KI SABZI

Cauliflower, Peas, Cumin Seeds, Ghee, Turmeric, Curry Leaves, Ginger Root, Garlic, Tomatoes, Coriander Seeds, Cumin Seeds, Red Chili Powder, Garam Masala, Sea Salt.

BLACK PEPPER MUSHROOM KELP NOODLES

Kelp Noodles, Sunflower Black Pepper Cream, Spicy Local Greens, Olive Puree, Dehydrated Olives, Mushrooms.

ALMOND PAD THAI

Spiralized Zucchini, Kelp Noodles, Purple Cabbage, Organic Carrots, Almond Sauce, Cilantro.

CHANA MASALA

Chickpeas, Indian Spices, Tamarind Paste, Cloves, Cumin Seeds, Bay Leaf, Turmeric, Yellow Onion, Ginger Root, Garlic, Coriander Seeds, Cumin Seeds, Black Ceppercorns, Cinnamon Stick, Chili Powder.

DAL PALAK TADKA

Indian Spiced Lentils, Tomatoes, Spinach, Chana Dal, Yellow Onion, Tomatoes, Green Chili, Turmeric, Spinach, Fenugreek Leaves, Sea Salt, Ghee, Cumin Seeds, Garlic, Hing.

AVOCADO SASHIMI

Avocado, Grapefruit Caviar, Pickled Fennel, Wasabi Root, Pickled Ginger.

TURMERIC KALE FRIED RICE

Brown Rice, Toasted Sesame Oil, Green Onion, Garlic Cloves, Carrots, Tamari, Tofu, Yellow Onion, Kale, Gomashio, Turmeric.

BRUSSELS SPROUTS PURPLE TACOS

Brussels Sprouts, Taco Seasoning (Chili Powder, Garlic Powder, Onion Powder, Red Pepper Flakes, Oregano, Paprika, Cumin, Sea Salt, Black Pepper), corn (Jalapeño, Agave, Lime Juice, Grapeseed Oil), Chimichurri Sauce (Cashews, Cilantro, Parsley, Lemon Juice, Agave, Cumin, Garlic, Black Pepper), Housemade Blue Corn Tortillas, Cilantro, Lime, Pickled Red Onion.



DINNER

KOREAN DOLSOT BIBIMBOP

Julienned Vegetables, Broccoli, Bok Choy, Shitake Mushrooms, Gochijang, Tamari, Roasted Cashews, Crunchy Rice.

CHILLED SPICY NOODLES

Sriracha Roasted Cauliflower, Thai Basil, Soba or Udon, Spinach, Cauliflower, Sriracha, Candied Cashews.

GREEN CURRIED VEGGIES

Broccoli, Bok Choy, Eggplant, Carrots, Bell Peppers, Roasted Peanuts, Coconut Milk, Thai Chili, Thai Basil, Thai Long Grain Rice.

ROASTED MASALA CAULIFLOWER

Turmeric, Amchur, Coriander Seeds, Cumin, Garam Masala, Cilantro, Chili, Ginger.

TAVA PANEER

Paneer, Red Bell Peppers, Tomatoes, Red Onion, Yogurt, Chickpea Flour, Ginger, Garlic, Green Chili, Lime, Sea Salt, Ghee.

CALIFORNIA LOVE NACHOS

Blue Corn Tortilla Chips, Black Beans, Olive Oil, Paprika, Chipotle Powder, Sea Salt, Avocado, Lime Juice, Chipotle Cheese (Butternut Squash, Cashews, Extra Virgin Olive Oil, Lemon Juice, Nutritional Yeast, Tomatoes, Sea Salt, Chipotle, Chili Powder, Ground Turmeric, Cayenne Pepper, Agave Nectar), Tomato Salsa, Oaxaca Sauce, Pepita "Chorizo," Lime Sour Cream (Tofu, Extra Virgin Olive Oil, Lime Juice Sea Salt), Red Cabbage, Jalapeno, Cilantro, Pickled Red Onion.

PENANG CURRY KELP NOODLES

Kelp Noodles (Cashew, Coconut Milk, Curry Past: Jalapeno, Shallot, Guajillo Peppers, Chili De Arbol, Garlic, Ginger, Lemongrass), Kaffir Lime Leaves, Cumin, Sea Salt, Black Pepper), Carrot, Green Bean, Red Bell Pepper, Green Onion.



SWEET TREATS

MEDICINAL RAW CACAO TRUFFLES

Filled with Almond Butter, Raw Almonds, Superfood blend customized to Client.

MEDICINAL CHOCOLATE BARKS

Cacao, Essential Oils, Superfood blend customized to Client.

RAW KEY LIME PIE

Lime Juice, Essential Oil of Lime, Cashews, Avocado, Coconut Meat, House-made Flaxseed + Almond Crust.

RAW CHEESECAKE

Various Flavors, Salted Caramel, Lavender-Beet, Blueberry-Ginger, Almond – Pecan Medjool date Crust.

GAJAR KA HALWA

Carrots, Slivered Almonds, Milk, Jaggery, Cardamom.

KHEER

Ghee, Slivered Almonds, Milk, Raw Basmati, Jaggery, Cardamom.

COCONUT RUM SALAD

Coconut Ice Cream, Vanilla Pineapple Rum Syrup, Macadamia Crumble, Shaved Cucumber.

PINEAPPLE PASSION

Pineapple Lime Sorbet, Dehydrated Pineapple Segments, Mint, Preserved Lemon - Pineapple.

GOLDEN FUDGE

Tahini, Honey, Coconut Oil, Turmeric, Ginger

CBD TRUFFLES

Coconut Milk, Honey, Cacao Butter, Cacao, CBD Oil.





SAMPLE MENU PLAN

	LUN / MAR	MER / JEU / VEN	SAM/ DIM
8:00	Energizing Chia Porridge (almond milk, chia, seasonal fruit, coconut flakes, bee pollen)	Superfood Overnight Oats (housemade almond milk, seasonal fruit coulis, salted reishi granola, superfoods)	Maca Energizing Smoothie Parfait (blueberries, banana, maca, coconut flakes, flaxseed, almond milk, almond butter, housemade superfood granola, bee pollen)
10:00	Sunkissed Ashram (carrot, orange, sweet potato, ginger, cayenne)	Watermelon Bliss (watermelon, cucumber, mint)	Yogini Glow (grapefruit, apple, celery, ginger)
12:00	Skin Beauty Cleanse (romaine, cucumber, pineapple, lime, cilantro)	Total Detox (romaine, kale, collard greens, cucumber, celery, green apple, lemon, ginger)	Get Grounded (beet, carrot, apple, lemon, ginger)
14:00	Immunity Elixir (lemon, ginger, turmeric, cayenne, oil of oregano, raw honey)	Ultimate Digestion (peppermint, ginger, chamomile, fennel seeds, licorice, orange peel)	Some Like it Hot (cucumber, cilantro, limes, red bell pepper, chili pepper, pear, cayenne)
17:00	Ensalada de Caesar (kale, romaine, cashew, miso, dulce flakes, quinoa, beet flaxseed crackers, pepitas, sunflower seeds)	Probiotic Salad Bowl (arugula, romaine, fermented vegetables, dulce flakes, quinoa, tamar almonds, sunflower seeds, mung beans, spirulina, hemp, nutritional yeast, apple cider vinegar, extra virgin olive oil)	Miso Macrobiotic Bowl (wakame, hijiki, seasonal vegetables, okra, edamame, forbidden or brown rice, fermented veggies, kale, romaine, schichimi togarashi, miso sunflower dressing)
20:00	Sexy Superfood Almond Milk (raw almonds, turmeric, maca, raw honey, vanilla, cinnamon, nutmeg)	Cacao Party (almond milk, panther espresso (if requested), cacao, vanilla, raw honey)	Ayurvedic Milk (chaga, shilajiy, reishi, cordyceps, he shou wu, mucuna, almond milk, raw honey)



SAMPLE JUICE PLAN

	LUN / MAR	MER / JEU / VEN	SAM/ DIM
8:00	Yogini Glow (grapefruit, apple, celery, ginger)	Watermelon Bliss (watermelon, cucumber, mint)	Skin Beauty Cleanse (romaine, cucumber, pineapple, lime, cilantro)
10:00	Skin Beauty Cleanse (romaine, cucumber, pineapple, lime, cilantro)	Skin Beauty Cleanse (romaine, cucumber, pineapple, lime, cilantro)	Sunkissed Ashram (carrot, orange, sweet potato, ginger, cayenne)
12:00	Sunkissed Ashram (carrot, orange, sweet potato, ginger, cayenne)	Get Grounded (beet, carrot, apple, lemon, ginger)	Total Detox (romaine, kale, collard greens, cucumber, celery, green apple, lemon, ginger)
14:00	Vitamin C Shot (orange, carrot, lemon, apple cider vinegar, ginger)	Detox Me Elixir (parsley, kale, lemon, pear, celery, fennel, ginger, cayenne)	Beauty Elixir (living chlorophyll, chlorella, coconut water, lime, raw honey)
17:00	Total Detox (romaine, kale, collard greens, cucumber, celery, green apple, lemon, ginger)	Green Lemonade (lemon, cucumber, romaine, arugula, mint, raw honey)	Detox Lemonade (lemon, raw honey, cayenne)
20:00	Sexy Superfood Almond Milk (raw almonds, turmeric, maca, raw honey, vanilla, cinnamon, nutmeg)	Coconut Almond Milk (coconut water, raw almonds)	Yogi's Medicinal Sunflower Seed Milk (sunflower seeds, reishi, date, cacao, vanilla)

Complimentary nutrition and dietary consultation.

Concierge service includes shopping for ingredients, food preparation and food delivery to client.

Chef will provide a recipe of ingredients used in dishes and a daily menu to include all ingredients used in each dish along with information on their daily nutritional benefits.

Kristine Kelly

Chef + Founder of Plant Based Daily

Pricing:

100€ per labor hour

40€ shopping rate per hour

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WWW.PLANTBASEDDAILY.COM

“Good food is the foundation of genuine happiness”
Auguste Escoffier

