



*Nourish Your Body*  
**The Alkalign Lifestyle  
Chef**

# Customized Culinary Program Consulting Proposal

Option A

**Chef Drea Anoka**

Chef, Culinary Consultant, Health Coach

The Alkalign Lifestyle Chef

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



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# Goals and Objectives

Work with Client to curate a systematized culinary operations supportive of the day-to-day aspects of the retreat venue, customer/client culinary and budget needs, and allocating a supportive staff to run the culinary operations.



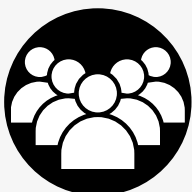
## Core Menu Offerings + Consistency in Taste and Presentation

A consistent and regular core menu offerings that guests can help streamline kitchen operations and that guests look forward to. Recipe development to curate consistency in taste and presentation.



## Consistent Preparation and Planning Processes

Consistency in preparation of menu planning, meal preparation and food ordering, time and budget efficiency.



## Staffing

A consistent and reliable staff that not only provides support in the kitchen but helps elevate the energy and integrity of the retreat venue.

# My Recommendations

## **On-Site Consulting**

Personalized consultative support to cultivate, implement, and spearhead a sound, consistent, and reliable culinary program to help support the day to day and week to week retreat programs. This is a 6 month on-site deliverable with 1 month of follow-up virtual consultative support.

## **Consistent and Regular Core Menu Offerings**

A consistent core menu offering that guests can expect and look forward to, align with clients budgets, and are consistent in taste and presentation. An added menu brochure for the sales and marketing for retreats. Assisting in the implementation of the new menu during the first 2 months of launch. Providing ongoing support for any menu adjustments or operational challenges.

## **A Streamlined Kitchen Operations**

A streamlined kitchen operations for meal execution, ingredient and supply ordering, and zero or minimal waste efficiency.

## **Staffing Recruitment and Training**

Recruitment and training of staff members inclusive of 1 executive chef, 1 senior sous chef, 1 junior sous chef, and 2-3 kitchen assistants that can rotate weekly or daily schedules.



# Project Timeline



## Phase 1 Months 1 & 2

Assess current kitchen operations, curate core menu offerings, ingredients and supplies ordering system, allocate regular vendors, get to know clients and average budget allotment for food spend.



## Phase 2 Months 3 & 4

Implement and refine core menu offerings, ordering system, and budget planning. Train staff and organize a scheduling system. Refine kitchen operations. Curate PDF Retreat Menu Brochure for sales and marketing of retreats.



## Phase 3 Months 5 & 6

Oversee staffing training. Work with Executive and Senior Sous Chef to refine kitchen operations and menu. Training kitchen staff on new recipes, cooking techniques, and plating presentations.



## Phase 4 Month 7

Provide 1 month of follow-up consulting for culinary team while transitioning and phasing out of project. Conducting follow-up consultation sessions via Zoom call to evaluate menu performance. Making necessary adjustments based on feedback from customers and staff. Fine-tuning recipes, portion sizes, pricing strategies, and kitchen workflow.

# Your Investment

The fee structure section outlines how the consulting fees are calculated. It may include information on hourly rates, project-based pricing, retainer fees, or any other pricing models used in my consulting services.

Service	Cost
Menu Planning, Recipe Development, Presentation Refinement	\$10,000.00
Digital Retreat Food and Beverage Brochure	\$10,000.00
Staff Recruiting, Training, and Implementation Support	\$100,000.00
Streamlining Kitchen Operations	\$10,000.00
Follow-Up on Implementation and On-Going Support	\$5,000.00
<b>Total Investment</b>	<b>\$135,000.00</b>



# What You Receive When Working With Me



With over two decades of rich experience in the dynamic realms of the restaurant and hospitality industries, I have honed my skills across a diverse range of roles. From orchestrating seamless events to managing bustling kitchens, from delving into the nuances of wine and tequila to curating exquisite culinary experiences as a private chef, my journey has been a tapestry of learning and growth.

My tenure in luxury hotels, banquet facilities, and retreats has equipped me with a keen understanding of delivering excellence in every aspect of hospitality. As a chef deeply rooted in my community, I am passionate about showcasing seasonal ingredients and championing local specialties. Infusing the essence of cultural diversity into my creations, I strive not only to elevate the flavors on the plate but also to forge meaningful connections through food.

As a seasoned restaurateur, I bring a holistic approach to every project I undertake. Recognizing that the food and beverage industry operates as an interconnected ecosystem, I understand the importance of cohesion among all elements. The culinary team plays a pivotal role in either enhancing or impeding the overall functionality of the organization. By focusing on creating solutions that bolster the entire team, I aim to deliver unparalleled client support and satisfaction.



**Chef Drea Anoka**

CEO The Alkalign Lifestyle Chef

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# Next Steps



## Accept the proposal as is

Like what you see? Did I capture every detail that leaves you feeling confident and excited to take the next step? Accept this proposal as-is and we'll finalize the contract!



## Discuss desired changes

Need some things adjusted to fit your needs better. Let me know and I will fine tune the project to best support your needs and goals. Once the project details are exactly aligned to your desires, we will move forward with our project!



## Finalize and sign the contract

Once all details for your project are agreed upon, I will send you the Client Agreement for you to read and sign.



## Submit an initial payment of 50% of the total fee

An initial payment secures your project in my calendar according to the agreed upon start date. ACH and wire transfers are each acceptable forms of payment. Just let me know which you prefer and I will provide you the banking details.

"If you're not willing to risk the usual, you will have to settle for the ordinary." — Jim Rohn