

Food Challenged? Feeling overwhelmed?

I can help! Call Chef Rebecca

I am a professionally trained Chef with an expertise in modifying or substituting ingredients based on an individual needs.

I'm highly knowledgeable with the majority of food allergies including but not limited to:



milk/casein



eggs



fish



shellfish



tree nuts



peanuts



wheat/gluten



soy



Services I can provide include:

Teaching you how to select foods you can eat.

How to read labels and recognize hidden sources of forbidden foods.

How to adapt and prepare your favorite recipes with confidence.

Prepare meals for you as a Personal Chef.

And much more.



Chef Consultant

(303) 499-0834

Specializing in food for the food challenged