

yourpaintedplate.com

Your Painted Plate

Meal Prep Flows: A System for Stress-Free Weekly Eating

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About Us

Your Painted Plate is here to help people move out of food overwhelm and into ease, using our meal prep flow philosophy. We design custom meal plans that help you worry less about the how and focus more on the beauty of now.

Honey
Garlic
Glaze 3.30

What's a meal prep flow?

"Meal Prep Flows" are how I organize a cooking session so that everything I make works together across your week.

Rather than preparing completely separate dishes, I build your meals from a few core components: proteins, vegetables, and sauces—that are designed to show up in different ways throughout the week. This allows for efficient, high quality cooking while providing you variety and balance in your meals.

Honey
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Our Meal Prep Offering

- **Structure**

Each week is designed as a Meal Prep Flow, built around 5–6 cohesive meals that can be mixed, matched, and repeated throughout the week.

- **Composition**

Each custom flow is built with balance in mind, combining protein, carbohydrates, vegetables, and flavor elements like sauces or toppings. This creates meals that feel complete, satisfying, and adaptable across different days and preferences.

- **Fresh & Frozen Rhythm**

Meals are organized to support both freshness and flexibility. Some are enjoyed earlier in the week, while others are portioned and frozen for later. This rhythm reduces waste, maintains quality, and makes the system sustainable week after week.

Structure

Each week includes 6 cohesive meals designed for both lunch and dinner.

Each meal provides about two servings, giving you roughly 12 total servings per week per person.

The structure creates variety without overcomplicating your routine.



How It Works

I take care of menu design, grocery shopping, cooking, and organization.

Meals are prepared in my kitchen, delivered to you, and organized for immediate use, refrigeration, and freezing.

Each week is customized to your preferences & requirements so the system fits seamlessly into your routine.



menu design



ingredient procurement



cooking



organization



delivery

Commitment & Pricing



A woman with long dark hair, wearing a light-colored, short-sleeved top, is smiling and looking down at a white plate on a wooden cutting board. She is using a brush to apply a glaze to a piece of food on the plate. In the foreground, there are two clear plastic containers; the smaller one has a label that reads "Honey Garlic Glaze 3.30". The background shows a kitchen setting with white subway tiles, metal shelving units, and two digital scales on a shelf. A large clear container with a red lid is also visible on the left. The entire scene is overlaid with a semi-transparent white box containing text.

Commitment

Meal Prep Flows are designed as a weekly system rather than a one-time service. A four-week commitment allows time to build consistency and create a rhythm that works long term.

Pricing is based on time, scope, and level of customization rather than a fixed number of meals. This allows each week to be tailored while maintaining flexibility and quality.

Cancellations within 48 hours of your scheduled session will be charged in full. For pauses longer than two weeks, a pause request is required to adjust your schedule.

Pricing

Services are priced based on time, scope, and level of customization rather than a fixed number of meals.

The hourly rate is \$60, allowing each week to be tailored while maintaining flexibility and quality. The price of groceries is billed separately & starts at \$180 for 1 person (the range increases based on family size \$180-\$500+).

Most weekly Meal Prep Flows range between \$420 and \$480 for labor. This reflects approximately 7 to 8 hours including menu planning, grocery shopping, meal preparation, packaging, and delivery.





Scaling by Household

The base structure remains consistent, while prep time and ingredient volume increase with household size.

A single client's weekly meals typically requires about 5 hours of prep and 3 hours of planning, shopping, and delivery.

Larger households generally require additional hours of prep, along with increased grocery quantity.

Value of Meal Prep Flows

Each week is designed to cover six out of seven days of lunch and dinner, providing 12 meals per person through a fully prepared and structured system. The service begins with an individual flow and can scale to support entire households, producing up to 72 meals per week for a family of six. Every menu is customized and built with intention, from ingredient selection to how meals are organized across the week. The result is a cohesive system that reduces waste, removes daily decision-making, and creates a rhythm that feels both flexible and sustainable. For those who need full seven-day coverage, the flow can easily be expanded to support that.

