

SMALL BUSINESS CORE MESSAGING

About Us

At Your Request is a boutique culinary business offering personalized *Coaching, Collaboration, and Catering*.

Whether you are a kitchen novice who could benefit from intensive one-on-one mentorship, or an experienced but busy cook in need of extra hands and creative inspiration, At Your Request is your on-call culinary ally.

As an experienced chef and educator, owner LaShanta LeSure has combined her deep culinary expertise with her passion for teaching and empowering people in the kitchen—to create joy, confidence, and happy memories through food.

Coaching

- Shopping and cooking lessons for novices
- Knife skills training
- Pantry and kitchen organization

Collaboration

- Weekly meal prep services
- Drop-offs for parties and potlucks
- Group cooking and baking parties

Catering

- Full-service catering for up to 100 guests
- Your menu or ours
- In-home or off-site

Our Services

At Your Request offers a full spectrum of personalized culinary services—from teaching beginners essential foundational skills to helping experienced cooks plan and execute unforgettable parties and events. Our services are limited only by your imagination, but following is a glimpse at our most popular offerings.

Coaching

GROCERY SHOPPING 101

*\$100 per person**

Let At Your Request accompany you on a visit to your own local grocery store, to learn the fundamentals of meal planning, efficiently navigating a grocery store, how to select produce, the various types of meat and fish, tips for economizing, and more. This two (2) hour course includes guides for buying organic, proper produce storage, and a healthy pantry checklist.

**Price does not include grocery/food costs.*

MEAL PLANNING & PREP 101

Prices vary based upon your unique needs and wishes. [Click here to request a free consultation and quote.](#)

Taught in your own kitchen using standard “real world” equipment and tools, learn to prepare a range of basic meals, as well as creative ways to use left-overs for additional meal options—while simultaneously learning fundamental cooking skills, including how to improvise when things don't go as planned.

FARMER'S MARKET: SHOPPING LOCAL & SMART (SEASONAL)

\$75 per person (\$65* per person for groups of 4 or more)*

Summer and fall seasons bring the best produce to your local farmer's market, and provide a great opportunity to get creative with your meals. In addition, you may even find local meat suppliers or dairy farmers to meet your off-season needs. Let At Your Request show you how to shop your local farmer's market, and how to store your purchases after your trip to ensure the maximum shelf life. This two (2) hour course includes guides for shopping a farmer's market, proper produce storage, and a healthy pantry checklist.

**Farmer's market purchases are not included in the cost of the course.*

KNIFE SKILLS 101

\$100 per person (\$85 per person for groups of 4 or more)

When you become at ease and skilled with the most essential of chef's tools, your time in the kitchen will be transformed. In this hands-on class, you will hone basic knife skills, practice the fundamental cuts (mince, dice, brunoise, bâtonnet and julienne), and learn how to keep your knives maintained and sharp—skills you will use every time you cook. This three (3) hour course includes a guide to purchasing a chef's knife as well as all groceries required for instruction. As an added bonus, we will use the ingredients to create a quick simple meal, so no waste!

PANTRY & KITCHEN ORGANIZATION

\$250 per residence

Are you looking to improve your diet by phasing out the unhealthy, processed items in your kitchen in favor of healthier, whole foods? Is cooking in your kitchen a hassle? Do you have three jars of allspice because you didn't realize you already had two hiding in the back of your cabinet? Cooking can be fun, but only when you have the right foods on hand, and your kitchen is clean and organized. This three (3) hour service includes a personalized in-home

consultation, guidelines for produce storage, a healthy pantry checklist, a list of items every cook should own, and an action plan with concrete steps to move your kitchen from cluttered and inefficient to clean and streamlined.

ONE-ON-ONE COACHING

*\$600 per person**

Cooking can definitely be intimidating. What does "sauté" mean? What's the different between dicing and chopping? Which pan should I use? But don't let the words scare you, it's just food! Taught in your own kitchen using basic, "real world" equipment, an At Your Request cooking coach will provide you with the patient, one-on-one mentorship you need to learn fundamental cooking skills, how to prepare a range of basic meals, and how to improvise when something goes wrong. We will cover food safety, basic prep skills, and basic cooking techniques that you can use every day in preparing delicious meals in a relatively short amount of time. This five (5) session package includes up to 4-hours per session, with flexible scheduling; custom designed meals for each session (including options for dietary restrictions); complete recipes with a journal for notes; and an At Your Request tote & apron.

**Price does not include grocery/food costs.*

Collaboration

PRIVATE CHEF DINNER PARTIES & EVENTS

Pricing varies based upon the requirements for each event. [Click here to request a free consultation and personalized quote.](#)

Hiring a Private Chef lends a unique and festive touch to any event, whether it's an intimate dinner party with your closest family and friends, or a larger gathering to celebrate a birthday, engagement, holiday, or other special occasion, Your Private Chef will prepare the meal in your home, in front of you and your guests, for an entertaining, and worry-free event.

PRIVATE CHEF MEAL PREP

Prices include most grocery costs. 7 days of dinners for 2ppl—\$200; 7 days of dinners for 4 ppl—\$350*; 7 days of lunches and dinners for 2ppl—\$350*; 7 days of breakfasts, lunches, and dinners for 2ppl—\$500*.*

Take the pressure off and let At Your Request prepare a number of your weekly meals, from breakfast to dinner. We work with your dietary restrictions, and offer creative options for your daily habits. We will do the grocery shopping, prepare the meals, and provide instructions for how to reheat and serve, all in your home.

**Specialty items such as exclusive seafood, high-end proteins, gluten-free products, vegan ingredients, etc, may require additional costs.*

PRIVATE CHEF DROP-OFFS

Prices vary based upon the nature of each unique request. [Click here to request a free consultation and personalized quote.](#)

Attending a potluck or party, but don't have the time or energy to make that fancy cake or special dish? Let us make it and drop it off before your event. They'll never know!

IN-HOME HOLIDAY BAKING PARTIES

Services start at \$50 per person (minimum of six people), which includes the cost of groceries, set-up, and clean-up.

Complete all of your holiday baking in just one day while sharing holiday cheer with friends or family. We will come to your home with all the supplies and lead your group in baking a variety of holiday cookies and pastries. All parties are approximately four (4) hours in length.

IN-HOME GROUP COOKING LESSONS

Services start at \$75 per person (minimum of six people.), which includes the cost of groceries, set-up, and clean-up.

Invite your friends or colleagues for a fun and interactive evening learning to cook a unique dish or complete meal—and then sit down to enjoy the fruits of your labor. An At Your Request chef will come to your home with all of the groceries necessary—as well as complimentary wine and light appetizers—and provide personalized instruction throughout the event. All parties are approximately four (4) hours in length.