



Hil & Vil
Natural Wellness



CHEF HILARY

HOLISTIC PERSONAL CHEF SERVICES

- Special Occasions
 - Bachelorettes
 - Birthdays
 - Holidays
 - Anniversaries
 - Retreats
 - Weddings/Baby Showers
- In-Home Meal Preparation
 - Weekly/Biweekly
 - Family-Friendly
 - Custom Holistic Menu
 - Dietary Preferences
 - Health-Forward
 - Whole Foods
 - Cooking Demo



Food Handler Certified



NationalCPRFoundation™

CPR & First Aid Certified



airbnb

Certified
& Verified

HIL & VIL NATURAL WELLNESS

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HOLISTIC PERSONAL CHEF

MENU

Beef

- SLOW COOKED BRISKET IN RED SAUCE W/ POTATOES & CARROTS
- SMASH BURGERS W/ GRILLED ONIONS
- KOREAN BBQ - GALBI / SHORT RIB
- BBQ BEEF RIBS
- BEEF STIRFRY
- JAPCHAE W/ BEEF
- BOLOGNESE SAUCE WITH PASTA OR GNOCCHI
- SHEPHERD'S PIE
- GRILLED STEAK (VARIOUS CUTS)
- BEEF STROGANOFF
- BIBIMBAP
- BEEF PROTEIN BOWLS W/ 3+ TOPPINGS
- BEEF MEATBALLS W/ MARINARA
- BURRITO BOWL/TACO BOWL
- STUFFED ONIONS
- STUFFED CABBAGE
- STUFFED PEPPERS

Poultry

- CHICKEN CAESAR SALAD
- CHICKEN SALAD (CLASSIC)
- CURRY CHICKEN SALAD
- TURKEY REUBEN
- TERIYAKI CHICKEN W/ SIDES
- LOADED CHICKEN SANDWICH
- CHICKEN TIKKA MASALA
- CHICKEN SATAY WITH PEANUT SAUCE
- THAI BASIL CHICKEN YELLOW CURRY
- PAD THAI WITH CHICKEN (ANY PROTEIN AVAILABLE)
- CHICKEN BOWLS W/ 3+ TOPPINGS
- ITALIAN TURKEY BURGERS
- TURKEY OR CHICKEN MEATBALLS
- CHICKEN TACOS
- CHICKEN GYROS
- CHICKEN MARSALA
- CHICKEN LETTUCE WRAPS
- ROASTED LEMON ROSEMARY CHICKEN
- ZOODLES W/ LEMON CHICKEN
- PULLED CHICKEN EMPANADAS

Fish & Seafood

- TERIYAKI SALMON BOWL
- COOKED TERIYAKI SALMON ROLLED SUSHI
- WHITE FISH WITH BUTTER LEMON CAPER SAUCE
- MUSSELS WITH RED SAUCE
- GARLIC CRAB
- STUFFED WHOLE BRONZINO
- SHRIMP SCAMPI
- HERB-ENCRUSTED SALMON OR WHITE FISH
- SALMON CUPLETS
- PICKLED HERRING WITH RED ONIONS
- SMOKE SALMON BENEDICT
- SHRIMP TACOS
- SEABREAM W/ LIME GLAZE
- SEARED SCALLOPS

Vegetarian & Vegan

- EGGPLANT PARMESAN
- BLACK BEAN & QUINOA BURGERS
- HEMP TOFU TACOS
- FIRENZE PESTO PANINO (VEGETARIAN)
- MEDITERANIAN SUN-DRIED TOMATO, BLACK OLIVES & FETA EGG WHITE FRITTATA
- JAPCHAE (VEGETARIAN KOREAN NOODLE STIR-FRY)
- SUNDUBU (KOREAN TOFU SOUP)
- TTEOKBOKKI (KOREAN RICE CAKES, VEGETARIAN)
- POTATO PANCAKES W/ SOUR CREAM & APPLE SAUCE
- CONTINENTAL BREAKFAST
- GRILLED TOFU REUBEN
- HUMMUS PLATE
- BABAGHANOUSH PLATE
- CHICKPEA MASALA
- CAULIFLOWER STEAK
- PESTO GNOCCHI



Sides & Salads

- MEXICAN RICE
- CILANTRO LIME RICE
- LOADED POTATOES
- ROASTED PARMESAN SWEET POTATO
- ROASTED POTATOES WITH DILL SOUR CREAM
- FRIES (TRADITIONAL OR SWEET POTATO)
- GARLIC RED SKIN MASHED POTATOES
- KALE SALAD
- ASIAN SLAW
- ISRAELI SALAD
- POTATO SALAD
- WHITE SALAD WITH PEAS (LITHUANIAN)
- BEET SALAD
- STEAMED ARTICHOKE W/ GARLIC AIOLI
- CHICKPEA SALAD
- LEEK/SCALLION PANCAKES
- ROASTED SEASONAL VEGETABLES
- PESTO QUINOA
- SALTED DILL CUCUMBERS (INSTEAD OF PICKLES)
- GRILLED ASPARAGUS
- CHARCUTERIE BOARDS (CHEESE, MEATS, PICKLES, OLIVES)
- KOREAN SPICY CUCUMBERS
- PICKLED RADDISH
- GRILLED FAJITA VEGETABLES
- MEXICAN STREET CORN
- REFRIED BLACK BEANS
- QUINOA SALAD

Soups & Stews

- ANTI-INFLAMMATORY CHICKEN SOUP OR (VEGAN OPTION)
- KIMCHI JIGGAE W/ BRISKET OR FLANK STEAK
- BORSCHT W/ BONE BROTH (VEGAN OPTIONAL)
- KALE & WHITE BEAN STEW
- SEAFOOD GUMBO
- RAMEN W/ CHOICE OF PROTEIN
- WHITE FISH STEW W/ LEMON & DILL
- HOT BORSCHT
- COLD BORSCHT
- POTATO & LEEK STEW
- THAI COCONUT CURRY W/ CHOICE OF PROTEIN
- MISO SEAWEEED SOUP

 Desserts 

- MANGO STICKY RICE
- DATE TURTLES
- PROTEIN BALLS
- PEANUT BUTTER CHOCOLATE CHIP BLENDED OVERNIGHT OATS
- POPPYSEED MILK
- KUGEL
- TIRAMISU

 Dressings & Condiments

- CAESAR DRESSING
- GARDENING GODDESS DRESSING
- BALSAMIC VINAIGRETTE
- WHITE WINE VINAIGRETTE
- GREEK DRESSING
- TZATZIKI
- TAHINI LEMON DRESSING
- SPICY MAYO
- GUACAMOLE
- PICO DE GALLO (MILD/SPICY)
- JALEPENO GARLIC SAUCE
- CILANTRO CREMA (MILD/SPICY)
- FRESH PESTO (TRADITIONAL OR PLANT-BASED)
- CREAMY RANCH
- CREAMY GARLIC
- GARLIC AIOLI