



Gabrielle Masefield

Retreat Chef

Healthy High Vibe Cuisine

Holistic Nutrition

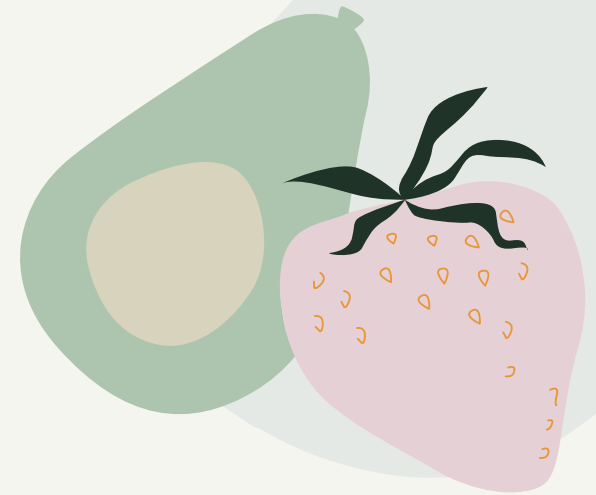
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Retreats

High vibrational plant based food filled with life force is vital to make the quantum leaps and transformations your clients are looking to experience on your retreats....



The food we put into our bodies shapes every aspect; from how we feel, to how we think, move and live. Food can be one of our most important allies in feeling strong, smart, sexy, successful and spirited.

Food is medicine but also sensuality and pleasure, and an incredibly potent catalyst for change.



The Ethos

A menu filled with delicious, pleasurable and high vibrational food that makes your clients not only feel fuelled and nourished but also provides the pleasure, joy and ecstasy that comes from enjoying truly delicious meals.

Lovingly and thoughtfully prepared using only the highest quality organic ingredients and superfoods.

Food can be the foundation for real change both in your physical body but also in your mental state and your life force energy that you use to manifest your fullest expression.

Whats Provided

EARLY MORNING TEA OR JUICE

Something light and energising to help hydrate and awaken the digestive system before an early morning yoga practice or breathwork

BREAKFAST

Nutrient dense foods that give energy, rev the metabolism and lay the foundation for a sweet and productive day.

LUNCH

Designed to deliver a huge dose of nutrients packed with life force energy. Like a daily multivitamin but in a meal. Often raw or lightly cooked plant based and delicious.

DINNER

Gently cooked comforting yet fresh food gentle on the digestion. Celebrating the wonderful day experienced on the retreat and gratitude for the beautiful bounty of nature. Followed by a delicious, nutrient packed dessert because sweetness is just as important to enjoy as any thing else in life.

Example Menu

EARLY MORNING

Hibiscus and ginger infusion

Cucumber, lemon and celery juice

BREAKFAST

Fruit platter

Superfood pancakes with chia berry compote and lemon cashew cream

LUNCH

Hydrating honeydew melon and cucumber gazpacho

Summer rainbow spring rolls on a bed of leafy greens

DINNER

Velvety spinach and artichoke soup

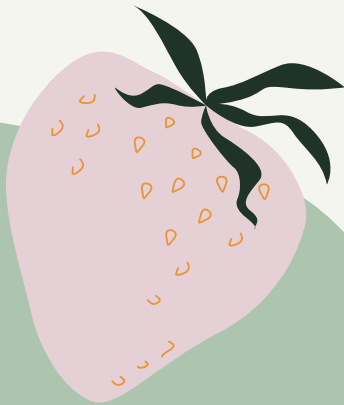
Roasted spiced cauliflower on a bed of quinoa risotto pomegranate seed jewels and coconut yogurt

DESSERT

Turmeric, Lemon and Clementine Tart with Coconut and Almon Crust

Tailored to you

I will always discuss in detail with you beforehand how to perfectly tailor the food offering to suit your particular retreat and clients' needs. We can adjust the schedule to suit the timetable of the week and any particular dietary requests or other considerations. I tend to cook plant based foods but am happy to include eggs, fish, dairy and meat if requested ahead of time.



Pricing

PLANNING STAGES, MENU PROPOSALS AND RESEARCH

£330

I put a lot of time, energy and planning to tailor menus specifically for your magical retreat.

These thoughtfully produced menus use my years of experience, nutrition training and research into food sourcing in your retreat location. For this is ask for a deposit £330

This will be deducted from your final invoice

DAILY RATE RETREAT CHEF

£440

My daily rate for full days creating food for your retreat. Days when clients are on excursions and won't be eating at the retreat can be negotiated separately. Ideally I will be able to arrive a day before the clients to source food, organise the kitchen space and prepare. This will be charged at my usual daily rate.

+ COST OF TRAVEL

To be covered or reimbursed before the start of the retreat

Examples of my Work

