



## Our Services

- Nutritionist services
- Personalized diet
- Follow up
- Personalized menu
- Personal cooking
- lunch and dinners
- Food deliveries

### **Glad you are here!**

#### **About us:**

#### **A Little Bit About Us:**

HealthEat Expertise lays in personally HealthEating your diet and making sure you are reaching your goals! Run by Executive Chef Sara Black Charm, who has been in the culinary world for 20+ Years. She has traveled the world, experimented and studied Kosher and Non-Kosher gourmet cooking, acquiring the unique ability to convert any style of food into an amazing Kosher Healthy dish!

#### **Our Goals:**

Our goal is your goal! Whether you just want to feel healthier and improve your diet, or you just want to lose those stubborn extra pounds, whether you cannot consume gluten or you just want to get that sugar level lower, we are here to help you get there!

#### **Our Way of Action:**

As soon as we understand your needs with our awesome nutritionist, we get to it! Together we will keep a journal of what you are eating and how you are feeling, we will listen carefully to your feedback and together we will HealthEat your pallet!

#### **A Personalized Nutrition Plan:**

Here at HealthEat we work closely with Judy, our experienced nutritionist who takes an active part in creating a perfectly tailored menu for your health and dietary needs.

## **Our Advantages:**

- No need to try another trendy diet- our nutritionist is here for you.
- A variety of menu ideas, all under one roof.
- Services fit specifically for your needs, by need and wish.
- The services are out-sourced, there are no Employer-Employee relations.
- Cooking and following recipes aren't your concern, its right at your doorstep.
- Personal service- we are always available and ready for you at any given time.



## Price Offer

### Services provided:

- Nutritionist services
- Personalized diet building
- Follow up
- Personalized menu building
- Personal cooking lunch and dinners
- Food deliveries

### Cost:

Monthly fee –NIS (An estimate of 160 NIS + VAT per dinner meal per person and 95 NIS + VAT per lunch meal per person & NIS per delivery depending on where you live.)

### Terms and conditions:

#### Trial period:

1. The service is conditioned to a month trial period, from the date this agreement is signed.  
The cost of the trial period will be: An estimate of 160 NIS + VAT per dinner meal per person and 95 NIS + VAT per lunch meal per person & NIS per delivery depending on where you live. If work amount is higher/lower, or more/less time consuming than expected and needed, price may change after the trial period and a new price offer will be sent.
2. Payment will be done by the end of every other week of the trial month, for the two weeks before.

#### General terms:

1. The agreement is with no commitment and can be terminated at any time.
2. The terms and payment can be renegotiated at any time by either side of the parties.
3. The service will be provided for dinners a week and lunches a week.  
The delivery days and number of meals may change according to the dynamics.
4. The service will begin once the agreement is signed and sent by email to [info@health-eat.com](mailto:info@health-eat.com).
5. This agreement insures that HealthEat (Asparagus Catering LLC.) keeps all confidential information in trust and strict confidence and agrees that it shall be used only for the purposes required to fulfill the agreement obligations, and shall not be used for any other purpose, or disclosed to any third party.
6. Terminating the service will be done both by phone and Email.
7. Face-to-face meetings (or Virtual according to circumstances) will be available to the client with the nutritionist once a month, in the Jerusalem Area, free of charge. Any additional meeting will be with an additional cost and will be added to the end-of-the-month payment for the sum of **280 shekel plus VAT** for each additional meeting.
8. Payment will be done by the end of every second week, for the two weeks before.
9. Payment will be made every second week via bank transfer to the account:  
**Bank:** Discount **Branch:** 162 **Account number:** 014123926 **Name:** Sara Black Charm

### Client Details:

Name: \_\_\_\_\_ T.Z. \_\_\_\_\_

Company Name: \_\_\_\_\_

Address for receipt: \_\_\_\_\_

Email: \_\_\_\_\_

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Date

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Signature



### **Nutritionist Bullet points for menu**

To Be Added.

### **Menu Ideas**

#### **Soups**

Broccoli soup  
Carrot coconut soup  
Minestrone soup with some pasta  
Leek, parsnip and mushroom soup  
Sweet potato and carrot soup  
Tomato soup with sushi rice flakes  
Pumpkin and ginger soup  
Chicken soup

#### **Patties**

Cauliflower and chickpea flour patties  
Spinach patties  
Lentil and mushroom patties  
Tuna patties

### **Main course options:**

#### **Fish:**

Moroccan style white fish cooked with tomatoes, herbs and garbanzo beans  
Salmon served with Seaweed flakes and tahini  
Salmon marinated with garlic, olive oil, dill and parsley  
Salmon gravlax served with dill and garlic butter  
Tuna burgers

#### **Meat:**

Grilled Chicken breast seasoned with dried tomatoes and basil pesto  
Stuffed chicken breast with fresh herbs and mushrooms  
Marinated Pargit steak  
Stuffed swiss chard with beef, almonds, walnuts and fresh herbs  
Stuffed butternut squash with ground chicken, chestnuts and fresh herbs

#### **Side dish options (choice of two)**

Wild rice  
Steamed red rice  
Buckwheat with mushrooms and onions



Roasted sweet potatoes  
Roasted pumpkin cubes with raisins, ginger and cinnamon  
Sautéed zucchini with mint  
Sautéed baby spinach with onions  
Seasoned green beans

Salads as side dishes:

baby greens  
Spinach and pear salad  
Cabbage and herb salad  
Classic Israeli Salad  
Lettuce and cabbage salad with toasted cashews  
Quinoa green tabouleh