



# CULINARY COACHING ~ YOUR LIFESTYLE NOURISHED WITH PURPOSE

Transforming your kitchen, routines, meals, eating habits, and organization for a healthier, happier, and more delicious life!

Start Your Journey →



*Pure Palate*

SARAH BLAIR





# ABOUT PURE PALATE

Pure Palate offers a blend of trained culinary expertise and nutritional guidance, helping you make lasting improvements to your diet and daily routines. With over 18 years of experience as a professional chef and culinary producer for major networks and Fortune 500 brands, Chef Sarah and the team bring a wealth of knowledge to your kitchen. Our mission is to empower you and your family to maximize your health, kitchen efficiency, and culinary enjoyment! We focus on:

- Bespoke comprehensive dietary direction to create positive and sustainable transformations
- Strategic weekly meal planning and simplified execution strategies
- Kitchen and pantry organization
- Pure organic ingredients to create pure intentions
- A diverse range of authentic and international flavors and tastes
- Ongoing support to meet and maximize your health goals

Whether you're a busy professional, a health-conscious individual, or a family looking to optimize your household, Pure Palate is here to guide you every step of the way in achieving a nourished, energized, and vibrant lifestyle!



# PURE PALATE SERVICES

## Pantry Organization

Transform your pantry into an organized, efficient space that supports your health goals and simplifies meal preparation. Our pantry organization service creates a customized system tailored to your unique eating habits and cooking style.

### Option A: Full-Service Reorganization

- Complete assessment of the current pantry setup
- Bespoke custom organization system design
- Removal of expired or unwanted items
- Reorganization of existing items
- Restocking with new items based on dietary needs and preferences
- Labeling and categorization for easy access

### Option B: Guided Self –Stocking

- Comprehensive pantry assessment
- Personalized organization plan
- Detailed shopping list for restocking
- Virtual guidance to organize and maintain your pantry



# PURE PALATE SERVICES

## Broth Stocking

**Why Broth? It's the liquid gold, foundational powerhouse you need!**

Pack your freezer with homemade savory beef and chicken bone broth and vegetable stocks, ready to defrost when needed. Our organic nutrient-rich broths, simmered with vegetables and herbs, are packed with collagen, vitamins, and minerals, creating a restorative liquid perfect for sipping or incorporating into soups, sauces, grains, pasta, and more!

### **Option A: Full-Service Broth Stocking**

- Preparation and stocking of homemade Beef Bone Broth, Chicken Bone Broth, and Vegetable Stock
- Made with pure, organic ingredients
- Uses grass-fed, hormone-free, and antibiotic-free bones
- Free of chemicals, preservatives, and GMOs
- Simmered for up to 24 hours for maximum nutrient extraction

### **Option B: Guided Broth-Making Instruction**

- Comprehensive recipes provided for Beef Bone Broth, Chicken Bone Broth, and Vegetable Stock
- Detailed resources provided:
  - Purveyor recommendations for quality ingredients
  - Complete ingredient list
  - Equipment list for preparation and storage
  - Step-by-step instructions for broth making and storage



# PURE PALATE SERVICES

## Personalized Meal Plans

Elevate your culinary routine and palate with custom high-performance meal plans that cater to your tastes, nutritional needs, and lifestyle. From breakfast to dinner, we take the guesswork out of daily meal planning for you and your family. Our comprehensive approach eliminates the stress of deciding what to cook, what ingredients to buy, and how to create healthy meals that everyone will enjoy. Experience our efficient culinary meal system that allows you to achieve your health goals without compromising variety or taste. We can coordinate with your personal fitness trainer to align with nutritional goals.

- Daily preparation lists to maximize time and efficiency
- Consideration of family members' tastes and dietary requirements
- Seasonal and organic ingredient incorporation for optimal freshness and nutrition



# PURE PALATE SERVICES

## Comprehensive Shopping Lists

Say goodbye to forgotten ingredients and impulse buys. Our detailed shopping lists are meticulously curated to align with your meal plans, ensuring you have everything you need to create delicious, nutritious meals without waste or unnecessary trips to the store.

- Detailed lists for weekly meal plans
- Inclusion of all necessary ingredients, specifying quantities and preferred brands
- Recommendations for kitchen equipment and tools to enhance meal preparation
- Options for specialty items and alternatives for dietary restrictions



# PURE PALATE SERVICES

## Curated Shopping Service

Experience the luxury of chef-selected, premium and organic ingredients sourced from Los Angeles' finest purveyors. Leveraging our personal chef relationships and network, we bring the farmers' markets and specialty stores directly to your kitchen, saving you time while elevating the quality of your ingredients.

- Selection of premium, artisanal, organic, and gourmet ingredients from Los Angeles' best purveyors
- Sourcing from a broad range of specialty stores for authentic French, Italian, Mediterranean, Spanish, and Asian ingredients
- Delivery and proper storage of purchased items



# PURE PALATE SERVICES

## Ongoing Support and Check-ins

Your culinary journey doesn't end with a meal plan. Our ongoing support ensures you stay on track, overcome challenges, and continuously refine your approach to cooking and eating. Think of us as your personal culinary coach, available to guide and motivate you every step of the way.

- Virtual weekly or bi-weekly consultations
- Progress tracking towards health and culinary goals
- Adjustments to meal plans and shopping lists based on feedback
- Troubleshooting and answering questions about recipes or techniques
- Continuous optimization of your culinary lifestyle



# PURE PALATE SERVICES

## Culinary Skills Development

Unlock your inner chef with personalized cooking lessons tailored to your skill level and interests. Whether you're a novice or an experienced home cook, our culinary skills development program will enhance your techniques, boost your confidence, and bring more joy to your kitchen adventures.

- Personalized cooking lessons in your home kitchen
- Knife skills and kitchen safety training
- Techniques for efficient meal prep and cooking
- Education on flavor pairing and seasoning
- Guidance on adapting recipes for health without sacrificing taste

# How We Work

## 1. Book A Consultation

This call is our time to get to know you and your culinary needs.

- We'll discuss your eating patterns, meal timing, portions, household schedule, and seasonal preferences.
- Together, we'll formulate a blueprint for effectively implementing a plan to achieve your culinary and health goals.
- We can answer and discuss questions and concerns about any/all services.
- Before the consultation, you'll receive a health history form and a relevant questionnaire. We'll review this information with your fitness trainer (if applicable) to maximize our time together.

## 2. Receive Your Personalized Estimate

Based on our consultation, we'll assess your needs and provide a comprehensive quote that includes:

- Time and schedule required for each service
- Needed products or equipment
- Staff requirements for implementing your culinary blueprint



# How We Work

## 3. Schedule Your Services

Once we've formulated your culinary blueprint, we'll collaborate with you to create a tailored schedule and action plan.

This process involves:

- Walking you through the execution of each service
- Determining the optimal schedule for implementation
- Establishing open lines of communication for ongoing collaboration

## 4. Begin Your Culinary Journey

With your customized culinary blueprint and schedule in place, you're ready to embark on your journey to a more nourished, energized, and flavorful lifestyle!

- Implement your new organizational systems
- Enjoy your personalized meal plans and premium ingredients
- Benefit from ongoing support and adjustments
- Experience the positive impact of a well-planned, health-focused culinary lifestyle

# About Sarah Blair

Hello, Friends! Welcome to Pure Palate! I'm Sarah, a chef, culinary producer, food stylist, wellness enthusiast, fitness addict, beauty devotee, world traveler, and artistic creator. Living on the beach in Southern California with New England roots, I embody a unique blend of coastal vibrancy and rugged mountain spirit.

With over 18 years of experience in the food industry, my expertise spans various facets of the culinary world:

- **Culinary Education:** After earning a BA in Film Studies from the University of California, Santa Barbara, I pursued my passion for food by graduating from The International Culinary Center in New York City and Apicius: The Culinary Institute of Florence, Italy.
- **Professional Chef:** Honed my skills in professional kitchens across the US, notably at Lupa, a famous Mario Batali Osteria in NYC, developing a deep understanding of culinary techniques and flavors.
- **Culinary Producer:** Produced shows for major networks including Netflix, Food Network, BRAVO, and more. Notable productions include "The Final Table," "Nailed It," and "Bar Rescue."





# About Sarah Blair



- **Food Styling:** Independently styled and produced for top print, TV, and commercial projects, working with Fortune 500 brands such as Target, Dannon Yogurt, McCormick spices, and Kingsford BBQ.
- **Writing:** Contributed to respected publications such as Food & Wine, Real Simple, and HuffPost.
- **World Travel:** Led culinary tours throughout Europe, explored Southeast Asia's flavors, and adventured across diverse landscapes from Iceland to Africa. These experiences have enriched my culinary perspective, allowing me to bring global flavors and techniques to my clients' kitchens.

My approach blends professional expertise with a deep understanding of how food impacts overall well-being. I will ensure each client receives a personalized, effective, and enjoyable culinary transformation. Together, we'll create a nourishing, energizing, and flavorful lifestyle that aligns with your goals and satisfies your palate. Are you ready to embark on this delicious adventure?

# Start Your Culinary Journey

## Book Your Pure Palate Call or Consultation

### Free 10–Minute Discovery Call

- Curious if Pure Palate Coaching is right for you? Book a complimentary 10–minute discovery call!

### Full Consultation

- 60–90 minute virtual session
- Personalized discussion of your culinary needs and health goals
- Initial assessment for customized Pure Palate services
- Rate: \$275 per consultation
- Secure your appointment with a simple payment process and you'll receive an email confirmation & calendar invite right away
- Following your consultation, you will receive:
  - A personalized time and service estimate based on your specific needs
  - A comprehensive quote for requested Pure Palate services

**Click the button below and choose a date and time that works for you.**

**Let's transform your culinary lifestyle together!**

**SCHEDULE NOW**