



Primal Chef Quality Standards

Primal Chef specializes in making healthful food taste good. That being said, we don't cook typical "diet food." People generally have no idea they are eating Paleo-friendly, they just know they are eating delicious food!

All recipes are 100% gluten free. The following is a list of standards that you can expect when hiring Primal Chef. Many chefs are offering "healthy" or "Paleo" menus to keep up with modern dietary trends, but still don't fully understand the concept, or for example how a small amount of soy sauce in a dish can still be an issue for those with gluten sensitivities. Primal Chef however started with a background in nutrition and then started cooking professionally. You can trust that we know what we are doing and that we understand your dietary needs.

<u>Acceptable</u>	<u>Prohibited</u>
<p>Oils: extra virgin olive oil, coconut oil, avocado oil, grass-fed butter/ghee, grass-fed lard/tallow, pastured duck fat, MCT oil.</p> <p>Sweeteners: honey, pure maple syrup, coconut sugar, sugar alcohols.</p> <p>Protein: Antibiotic / hormone free meat, free-range poultry, pastured eggs, wild caught fish or farmed from select farms only.</p> <p>Flours: Nut & coconut flours, cassava preferred. By requests we also use gluten-free flour such as rice, corn, quinoa, etc.</p> <p>Grains: White rice preferred. By request we also cook other gluten-free grains such as brown rice, quinoa, corn, etc</p> <p>Legumes: Not found in most menus, however we will prepare any legume by request.</p> <p>Seasoning & Flavoring: fish sauce, coconut aminos, wheat-free tamari, all spices and herbs, wines, vinegars, sesame oil, coconut milk, himalayan or mineral rich sea salt, nuts and nut butters, seeds.</p> <p>Cookware/ Cooking: stainless steel, cast iron, ceramic, silicone. Oils not heated above smoke point. Excess charring and blackening minimized.</p>	<p>Oils: refined vegetable oils, canola, soybean, sunflower, safflower, partially and fully hydrogenated oil, interesterified oil, trans-fat, margarine, grain-fed animal fat.</p> <p>Sweeteners: table sugar, brown sugar, corn syrup.</p> <p>Protein: Factory farms, fully grain-fed meat, caged animals, animals fed antibiotics / hormones.</p> <p>Grains & Flours: Wheat, barley, rye.</p> <p>Seasoning & Flavoring: MSG, soy sauce, artificial flavors, food coloring, table salt.</p> <p>Cookware: teflon, aluminum, plastic.</p> <p>Dairy: Low quality cheese, grain-fed butter / cream.</p>

Please inform us if you would prefer all organic produce, grass-fed meat, and pastured poultry. Additional costs may apply depending on the type of event.