

About The Chef

Sophie has grown up around food her entire life. When she was younger, she and her sister would eagerly await every Saturday morning, when their dad would pull down the “Joy of Cooking” as they climbed up on the bench seat, resting their elbows on the kitchen counter awaiting their favorite breakfast—chocolate chip pancakes. As she grew older, her role in the kitchen evolved from an eager observer to an enthusiastic chef. She got her start in the world of cooking early on when she made her first grilled cheese sandwich, all by herself, at the age of four much to her parents shock and surprise when they found out. From then on, cooking became her favorite passion. She took cooking classes, had cooking-themed birthday parties, read food magazines, watched cooking videos, and mainly, honed her skills in her home kitchen cooking for her family on a regular basis. She first worked as a personal chef in high school when she was hired to prepare weekly dinners for a nearby family. This led her to establish, Sophie's Kitchen, to provide healthy, home cooked meals to many other families.

Mailing Address
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Personal Chef and Catering

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Services

- ✿ Personal Chef
- ✿ Weekly Meal Prep and Delivery
- ✿ Dinner Parties
- ✿ Birthday's and Special Events
- ✿ Family Gatherings
- ✿ Catering for Any Groups of 10+

Clients

Sophie's Kitchen is perfect for families, especially those with young children, who value having dinner together but struggle to find the time to cook dinner every night. Sophie's Kitchen provides families with a less time consuming and stressful way to still enjoy a home cooked dinner altogether. In addition to, older couples who do not enjoy or have the energy for cooking anymore. Both of these clients also may want to throw dinner parties or host family gatherings without the stress of cooking for a large group.

Testimonials



I always look forward to the nights Sophie is coming over to cook dinner.
- Carolyn Lyster

As a new Dad, Sophie has been a tremendous help to me and my wife. We couldn't do it without her.

- Zach Harris



It is great to come home to a ready-made dinner without having to think about cooking.
-Rebecca Lane

I have started to view cooking as an extra burden, so it is wonderful to be able to take it off my plate

-Cindy Lewis



Mission

As a life-long home cook and aspiring chef, the aim of Sophie's Kitchen is to help others take the stress out of asking "What's for dinner" by making it easier for families to gather around a healthy, home cooked meal. We offer a variety of personalized meal prep and catering services ranging from shopping for and prepping weeknight dinners, cooking dinner for a family at their house and catering dinner parties or family gatherings for 10+ people.

Getting Started

1. Email or call to set up your customized meal plan
2. Discuss all details and special preferences
3. Review menu options
4. Choose either drop off or home cooking
5. Gather with friends and family
6. Enjoy!