

Fresh Flavours PCS

Personal Chef & Culinary Medicine Services · Savannah & the Lowcountry

Your patients have the diet plan. What they're missing is dinner.

Most patients leave an appointment knowing exactly what they should eat — and no real path to eating it. Fresh Flavours PCS closes that gap: from-scratch, restaurant-quality meals built around the plan you've already given them, cooked in their own kitchen, so the guidance actually makes it to the plate.



How this helps your patients

- Real adherence to sodium, acid, sugar, or fat restrictions — without feeling like a punishment
- One less barrier between diagnosis and daily habit, especially for patients who don't cook or don't have time to learn
- Menus built around a specific condition and personalized, not a generic template
- Southern comfort food, reworked to work with the body instead of against it
- Potentially HSA/FSA reimbursable with a Letter of Medical Necessity from your office

How it works

- 1 Discovery visit**
We talk through the patient's condition, restrictions, and food preferences — no guesswork, no generic menus.
- 2 Custom menu & cook visit**
Groceries are sourced, meals are cooked from scratch in the patient's own kitchen, and the kitchen is left clean.
- 3 Ongoing adjustment**
Menus evolve with the patient's needs, appetite, and progress — built for the long term, not a single week.

About Chef Kel

Twenty-five years in professional kitchens, including seven years at Corewell Health — one of Michigan's leading hospital systems — within their nutritional and lifestyle medicine program. Trained at the Western Culinary Institute (a Le Cordon Bleu affiliate), with specialized training as a chef in culinary medicine through Tulane University's Culinary Medicine program. Chef Kel builds Southern, Mediterranean, and comfort food from scratch — reworked to support conditions like acid reflux, cardiac and metabolic concerns, and other diet-sensitive diagnoses, without losing the flavor that makes a meal worth sitting down to.

Conditions commonly supported

Acid reflux & GERD	Cardiac & heart-healthy diets	Diabetes & metabolic health
Weight management	Food allergies & intolerances	General wellness & family nutrition
Cancer-supportive nutrition	Fluid restrictions	Other medically prescribed diets

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Referral partnerships welcome —
reach out to discuss how this
fits alongside your patient care.