

Fresh Flavours PCS

Personal Chef & Culinary Medicine Services · Savannah & the Lowcountry

You have a plan. I'll help you live it.

Your provider gave you this page because they believe food can be part of your progress — not just another rule to follow. I'm Chef Kel, a personal chef who builds real, satisfying meals around the exact plan you've been given, cooked right in your own kitchen.



“Managing a diagnosis is hard enough without also becoming your own dietitian and cook. That's exactly where I can help.”

How this helps you

- Meals built around your specific restrictions — sodium, sugar, fat, fluid, or others — without feeling like a punishment
- No more staring at a diagnosis and a grocery list with no idea where to start
- Southern and Mediterranean comfort food, made from scratch, that still feels like a treat
- A plan that adjusts with you as your needs and progress change

What working together looks like

- 1 A quick conversation**
We talk through your condition, restrictions, and what you actually like to eat — no guesswork.
- 2 Shopping, cooking, cleanup**
I shop for groceries, cook from scratch in your own kitchen, and leave it clean.
- 3 Ongoing support**
Your menu evolves with you — this isn't a one-time fix, it's an ongoing partner in your plan.

About Chef Kel

Twenty-five years in professional kitchens, including seven years working inside Corewell Health — one of Michigan's leading hospital systems — in their nutritional and lifestyle medicine program. I've trained formally as a chef and completed specialized culinary medicine training through Tulane University, so I understand both how to cook and how food supports your specific health goals.

I regularly cook for people managing

Acid reflux & GERD

Cardiac & heart-healthy diets

Diabetes & metabolic health

Weight management

Food allergies & intolerances

Cancer-supportive nutrition

Fluid restrictions

Other prescribed diets

General wellness

Call today to get started

912-712-2069

chef@freshflavourspcs.com

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