

About Laura

Laura Laarveld is a personal chef in the neighborhood with 15 years of professional experience. Laura attended the Cooking Academy of Chicago, and has worked at fine dining Italian restaurants in Chicago. Now she is on her own and cooking for area families who are looking for healthy meals, while not having the time to cook themselves. Laura has provided the food for parties of upward of 150 people, as well as caring for the needs of local companies and health care providers. Laura's expertise allows her to come up with an assortment of different options for your party and dinner needs.



Laura's main activity is providing weekly meals for families in the neighborhood. Simply request to be a part of the email list and you'll receive a weekly email describing that week's dinner. You then just reply with how many servings you want, and your healthy meal is delivered to your door. Laura's meals are always healthy versions of some of our favorite dishes like roasted chicken enchiladas or sirloin and provolone stuffed peppers. You'll be able to provide your family a healthy choice for their meal without any of the mess and hassle that comes along with a home cooked meal.

Healthy Dinners by Laura Laarveld

Just Simply...

Baked Chicken Parmesan



email Laura today at
lauralaarveld@gmail.com
to get on her mailing list..

Delivered Weekly to your door!

Fresh meals the family will love

Great for parties and special events