



ALIMENTACCION  
MAKING REAL FOOD, FOR REAL MOMENTS

# Private Chef + Nutritionist

My service specialize in what I call *real food* : meals that are biologically digestible, deeply nourishing, and designed to support vitality, evolution, and well-being.



My cuisine is **fresh, colorful, creative, and light** .Perfecto for those seeking delicious food that also supports wellness.

Each menu can be adapted to your specific lifestyle or dietary needs, including:

**Gluten-free (and sourdough), vegan, plant-based, pescatarian, keto, and detox-friendly options.**

As a nutritionist, I understand how to build meals that nourish the body at a deep level.

As a chef, I bring flavor, texture, and visual beauty to every dish with food that energizes and inspires.

Perfect for those who are looking for flavor and health ❤️

## Services Offered:

- Private Chef for villas, retreats, and events
- Custom wellness menus
- Engagements, Bachelorette's trip ,Special event catering
- Nourishing brunches and tasting experiences







**Reach out for menu options  
and details!**

**@alimentacion.realfodd - by Sol Luciana**





# CACAO RITUALS

WHERE CONSCIOUS CUISINE MEETS  
ANCESTRALITY..

## Ceremonial Cacao Rituals for Couples, Circles, Retreats

I offer powerful ceremonial cacao experiences for couples, retreats, private events, and wedding celebrations - bringing people together through ritual, presence, and heart-opening intention.

Each ritual includes a custom ceremonial cacao elixir, crafted from scratch by me using organic ceremonial cacao from the Maya Yokot'an community, blessed with prayer, intention, and ancestral wisdom.

Whether it's an intimate ritual for two, a group ceremony for retreats, or a cacao & sound journey under the moonlight, each experience is unique and energetically aligned with your vision.

Rituals & Cacao Offerings:

- Couple's cacao ceremonies (weddings, anniversaries, connection)
- Cacao circles for retreats or healing gatherings
- Custom elixirs tailored to your group's intention
- Cacao workshops: from seed to cup, with heart and tradition
- Magical bundles: brunch + cacao, dinner + ritual, and more

Bundle Experiences (check the PDF'S):

- Cacao Ritual + nourishing dinner
- Pre Wedding Cacao Ritual + Lunch
- Private Retreat Catering + Cacao Circle /workshop
- Yoga & Cacao + Brunch

Let's co-create an unforgettable experience — one that nourishes your body, uplifts your spirit, and honors the sacred in food and ritual.



# CACAO RITUALS

WHERE CONSCIOUS CUISINE MEETS  
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## Why Cacao...

In Mayan tradition, Cacao holds divine significance, and the beverage derived from it is revered as the "drink of the gods," integral to sacred rituals and associated with qualities of sexual vitality, strength, and vigor. This "liquid gold" has been cherished not only for its spiritual wisdom but also for its ability to invigorate the body.

As a sacred teaching plant, cacao has been utilized in circles and ceremonies aimed at healing the body, restoring energy, and fostering soulful harmony. By unlocking the heart and releasing emotional blockages, cacao facilitates an expansion of consciousness and granting access to profound clarity. Its healing properties offer support for spiritual connection and aiding in deep states of reconnection. Cacao holds a special place in facilitating experiences of love, forgiveness, and holistic healing - nurturing both body and soul alike.

# Cacao Ritual

## G R O U P S

### WHAT DO WE DO?

Together, we create a sacred space. Starting with an aura cleansin we calll the directions to start the ritual and after some body activation we drink Ceremonial Cacao, accompanied by drumming, meditation, and a variety of activities tailored to the energy of the day (such as breathwork, movement, or painting).

For each Cacao Ritual, I craft a unique blend of Ceremonial Cacao, setting the tone for our shared experience. Before the ritual starts, each participant sets an intention, which is then infused with the guidance of the Cacao and the collective energy of the spirits and attendees. This collective alchemy shapes the atmosphere of the space, making each gathering a unique and transformative experience.

**As our ritual is private and intimate, it's crucial to share your intentions to me before the Cacao preparation. This ensures that both the drink and the ceremony's energy are aligned with the desired focus. Cacao has its own language and will convey the intended message to those receiving the ceremony.**

### WHY PARTICIPATE?

**Cacao** has the **perfect spirit** for uniting the hearts. It's a profound medicine to share as a couple, fostering deep connection,claryfin the communication and healing. It offers a transformative journey of self-work, making it an invaluable tool for personal growth and healing. During our sessions, a sacred portal opens, allowing all participants to be fully present in body and heart, fostering recognition and compassion—especially towards oneself, for then, be able to feel it for their partners.

### WHAT IS INCLUDED?

Each ceremony includes a safe setting with a guided ceremonial dose of cacao,,my Cacaosita E-Book and 100% pure cacao chocolate as a souvenir.



# Cacao Ritual

## COUPLES

### WHAT DO WE DO?

In our gatherings, we create a sacred space to come together and partake in Ceremonial Cacao, accompanied by drumming, meditation, and a variety of activities tailored to the energy of the day (such as breathwork, movement, or chanting).

For each Cacao Circle, I prepare a unique blend of Ceremonial Cacao, setting the tone for our shared experience.

### WHY PARTICIPATE?

During our sessions, a sacred portal opens, allowing both of you to be fully present in body and heart, nurturing recognition, compassion, and a deeper connection—,Si towards each other and specially towards yourselves 💕

I've crafted this personal experience by uniting the sacred medicine of cacao with my unique approach, guiding you both into a space of intimacy, openness, and profound connection.

### WHAT IS INCLUDED?

Each Ritual includes a beautiful altar specially designed for the occasion, a serving of ceremonial cacao, a 100% pure cacao souvenir chocolate and my Kakawsita Ebook for knowing more about the plant.



# Cacao 1:1 Ritual

## WHAT DO WE DO?

In our gatherings, we create a sacred space to come together and partake in Ceremonial Cacao, accompanied by drumming, meditation, and a variety of activities tailored to the energy of the day (such as breathwork, movement, or chanting).

For each Personal Cacao , I prepare a unique blend of Ceremonial Cacao, setting the tone for our shared experience. If it's an online experience you will receive an e mail guiding you step by step on the preparation of you Cacaosita.

## WHY PARTICIPATE?

During our sessions, a sacred portal opens, allowing both of you to be fully present in body and heart, nurturing recognition, compassion, and a deeper connection—,Si towards each other and specially towards yourselves 💜

I've crafted this personal experience by uniting the sacred medicine of cacao with my unique approach, guiding you both into a space of intimacy, openness, and profound connection.

