



917 - 903 - 4844

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www.eatpicakitchen.com

Los Angeles, CA

Education

Vanderbilt University
Bachelor Arts & Science, Magna
Cum Laude
2017 - 2021

Variety of culinary
exchanges/programs, Italy,
Morocco, Thailand, Vietnam
2024 - 2025

Expertise

Plant-based cooking

Low FODMAP cooking, special
diet cooking (DF, GF, Keto)

Italian and Southeast Asian cuisine

Recipe development

Certifications

Safe Food Handler

200-hour Yoga Teacher

Advanced Breath Work Practitioner

Language

Native: English

Secondary: French, Spanish, Italian

MADELEINE NICHOLSON

Private Chef, Yoga & Movement Teacher

Profile

Maddie is a foodie, yogi, and traveler, blending her passions for all three to offer the ultimate holistic wellness experience. She serves global cuisine that looks good and tastes good, but also leaves you *feeling* good... and glowing from the inside out. After going on an extensive health journey herself, she understands how to cater to specific dietary needs without compromising flavor. She's traveled the world learning how to cook the local food of many places and people, appreciating that food is a sacred thing connecting us all and keeping us moving.

Work Experience

2024 - 2025 Pica Kitchen Private Chef Services

Women's Wellness Retreats Chef, Nosara Costa Rica

- Developed a variety of protein-forward, GF, DF, nervous system-supporting recipes for 3 meals/day for women's retreats.
- Executed end to end service alone: local ingredient sourcing, preparation, service, and plating.

Family Private Chef, Nosara Costa Rica

- Served as the private dinner chef for multiple families on long-term vacation in Costa Rica.
- Crafted unique, global flavor menus based on dietary needs and local produce selection.

Cooking Class Instructor, Nosara Costa Rica

- Led 3-hour cooking classes for groups of ~10 vacationers at their villas, teaching both pasta making and Costa Rican traditional dishes.
- Classes include hands-on instruction, full dinner service, nutritional and educational tidbits, and recipe packages.

2024 Casanaga Surf Hotel

Head Chef

- Cooked 5 nights a week for ~25 guests, family style dinners.
- Developed new recipes each week, managed kitchen inventory, sourced ingredients, and supported hotel food marketing.

2020 - 2025 Yoga & Fitness Instructor

Nexus Yoga Institute, Nosara Costa Rica

- Assisted two 200-hour teacher trainings, supporting 28 students to obtain their certification.
- Taught weekly vinyasa classes to 28+ students, plus breath work and meditation.
- Property managed the yoga institute's houses + grounds, managed house rentals in between trainings.

Private Yoga Classes

- Started private yoga classes using rental spaces and social media marketing to 20+ students around San Francisco and NYC.

Hot8 Yoga, San Francisco CA

- Taught 2-3 classes/week in vinyasa yoga, barre, sculpt to 20+ students

CorePower Yoga, San Francisco CA

- Taught 2-3 classes/week in vinyasa yoga, sculpt to 15+ students

CHEF PORTFOLIO

Sample Menus, References, Photos

Protein-forward Retreat Weekly Sample Menu

Lunch

Green Goddess Tuna Salad

served with a walnut beet salad and “no-fry” yucca fries

Shrimp Thai Lettuce Cups

served with a chili peanut sauce and
sesame glazed carrots

Tropical Asian Bowls

served with local fried egg and crispy rice over
pineapple salsa and rainbow “power” slaw

Curry Chicken Salad

served with cumin lentils & sweet potatoes
and a side of pickled cucumber salad

Dinner

Tropical Local Fish Tacos

served with a mango salsa, rainbow salad,
traditional gallo pinto, sweet plantains
and an avocado crema

Greek Meatballs

served with a chickpea Greek salad,
homemade tzatziki sauce, turmeric rice,
and homemade pita bread

Moroccan Spiced Chickpea and Chicken Bake

served with lemon rosemary orzo and crunchy
chopped garlic salad

Vietnamese Steak and Green Bean Stir Fry

served with signature veggie fried rice and
a fresh ginger salad

Apricot Chicken

served with garlicky green beans and
Israeli style couscous



Reference: Brea Segger, +1 250-886-8226

“Maddie prepared daily meals that were not only nourishing and beautifully balanced but also flavorful and satisfying. Our group had a range of dietary preferences, and Maddie approached this creativity and care, creating protein-forward meals that met everyone’s needs without ever compromising on taste. Every meal felt intentional and made with heart. It elevated the entire retreat experience. Maddie is a chef who blends wellness with flavor, and I’m excited at the prospect of bringing her back for our future retreats.”

CHEF PORTFOLIO

Sample Menus, References, Photos

Health-conscious Family Dinner Sample Menu

Starters

Roasted Rainbow Carrots
served with sweet tahini sauce and balsamic pomegranates

Crunchy Chopped Cabbage Salad
served with bok choy and Asian
hemp hearts dressing

Whipped Feta and Honey Harissa Carrots
served with spicy crispy chickpeas
and homemade pita

Mains

"Pink and Green" Rigatoni
served beet purée, goat cheese, and mint
roasted pistachios,

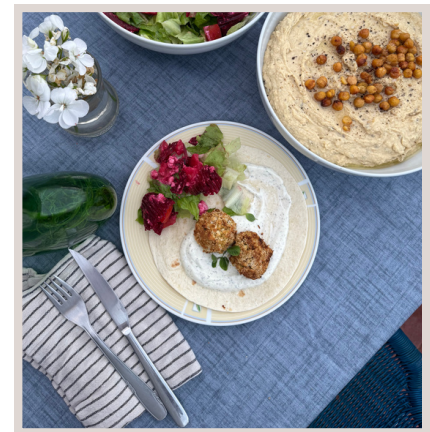
GF Local Pad Thai
made with local vegetables, tamari,
and local-made tofu

Israeli-style Falafel
with homemade hummus and
cottage cheese protein mint sauce



Reference: Maggie Keith, +1 506-648-1092

Maddie cooked for our family during our time in Nosara, and we loved having her in our home. She's incredibly thoughtful with local, fresh ingredients — the flavors were bright, clean, and delicious. Maddie took direction well, respected our preferences, and was so kind to our three little kids. She can easily cook for an intimate family meal or a crowd, and she truly felt like family to us. Highly recommend!



Reference: Oliver Saunders, +44 7513 263253

She created a diverse, healthy, and globally inspired menu that catered to all dietary needs. Maddie is incredibly organized, efficient, creative and resourceful, consistently delivering impressive meals from our small kitchen with little assistance. She's a total pro and a pleasure to work with.