



BIOGRAPHY

My name is Melian De Carolis (Chef Mel).

I am originally from Italy, but I spent my teenage years in England and eventually ended up in America where I met my husband and we are now growing a family.

My passion for food started in Italy where I would follow my Italian grandmother around asking questions about cooking. I was always interested in her magical meals and desserts. To this day I have never found anything better! I apply her styles in my cooking and baking and I learn more each time I visit her in Italy.

When I moved to England, I got even more interested about making foods from different cultures and so I started working at restaurants in the area. I made friends with the Chefs and started shadowing them learning many different dishes and techniques.

I moved to America because I had heard of a cooking position available where they also offered training and certification. So, I left the UK and headed to the US where I was professionally trained as a Pastry Chef.

With time, I learned about healthy diets such as Paleo, Keto, etc. which expanded my abilities to experiment, and I came up with my own signature styles and flavors of foods. This is when I became a private chef.

Concurrent with being a personal chef, I also worked at a nutritional company for 3 years to gain more knowledge about health and nutrition. This helped a lot with me being able to cater to my clients individualized needs so they can achieve their various health goals.

The Colors of Food started in May of 2020. Orders flooded in and I rapidly grew my dream of being a Private Chef business into a full-time business expanding rapidly and eventually I rented a kitchen and started doing meal prepping and deliveries. Soon catering work started coming in from them as well and I started doing catering as well as meal prep.

Then, due to the demand, I added a bakery to the business. I started by making keto and paleo desserts, and later, due to demand, expanded into wedding cakes.

In September of 2021 an opportunity arose wherein I was able to get into a larger kitchen which included a restaurant and thus I was able to expand even further and take over the running of the restaurant at the same time.

In January 2022 I separated the endeavors into 4 separate companies.

The bakery took off and expanded far faster than the other companies and so I sold off one of the companies and liquidated the rest to fully dedicate my time to the most successful business; the bakery.

Now, I am truly able to create on one thing which I love to do and that is cakes and pastries!

CaraMel's Bakery:

In our bakery we specialize in wedding cakes, custom cakes and all sorts of desserts, everything made completely from scratch.

Of course, we will always offer special diet desserts such as keto, paleo, GF, and more.

We offer free cake tastings and consultations. We are completely online, with a very easy online platform for people to place orders and book consultations.

We have constant requests for a store front and I have to turn down a lot of orders due to being over booked, so a store front and dedicated space is our next step.

Chef Melian De Carolis

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