

- Fitness and Nutrition Chef
- Health and Wellness Coach
(I work w/your doctor & trainer)
- Prepared Healthy Meals
- Custom Eating Plans
- Kitchen & Pantry Organization
(aka "The Kitchen Whisperer"!))
- E-meals Menu Service/Meal Plan
(personalized recipes by email)
- Online Cookbook & Support
- Newsletter (articles/tips/recipes)
- Product Research & Development
- Foodservice/Catering Consultant
- School Lunch Improvement
- Chef for Hire (hourly rate)
- Gift Certificates Available

Dining by Design

www.ChefBrandy.com
(775) 338-2202

Dining by Design

Slow food for fast lives!



What's a Personal Chef?

Personal Chefs have a passion to cook and help people gather around the table again. It is a professional service which provides meal planning & preparation for busy professionals & families. This service gives the person on the go the opportunity to enjoy a nutritious home-cooked meal in the comfort of home. Today's hectic lifestyle doesn't mean you have to give up delicious cuisine on your own dinner table... Dining by Design solves the question "What's for dinner?"

As your Personal Chef I will:

- Work closely with you to customize each menu.
- Shop for fresh quality groceries.
- Prepare fresh meals in the privacy of your own kitchen.
- Leave a spotless kitchen, healthy homemade meals and the lingering scent of delicious dishes.
- Have you skip the chore of shopping, cooking, cleaning & go right to enjoying dinner; *your* extra time.



~ Imagine after a hard day, coming home to the comforting smell of your favorite foods.

Everyone is ready for dinner and dinner is ready for you.

Relax and enjoy...

Time for the important things in your life. ~



How does it work?

1. Meet to discuss your needs.
Discover your favorite foods, dietary restrictions, health goals as well as overall service desires. This first meeting is your complimentary assessment, but client input /communication is ongoing.
2. Plan your personal menu.
Ensure you are only served foods you love-prepared to your taste. Over 400 recipes are available and I will even make ones you have. There is no set menu you must choose from!
3. Schedule your Chef Day
On a convenient pre-arranged date, I shop for fresh quality ingredients and bring them to your home. All meals are prepared on-site; no need to worry about delivery, pickup or freshness.
4. Enjoy!
All your meals are packaged to meet your needs (single servings, servings for two or family style). They are labeled and include heating instructions so each meal is enjoyed at its best.*

Packages & Pricing*:

Full meals (entrée + 1-2 sides each; ready to heat/eat)

	2 people	4 people	6 people
5 meals	\$230	\$265	TBD
4 meals	\$195	\$230	\$265
3 meals	\$160	\$195	\$230

Hourly options available for more customized needs not mentioned here.

All full meal services include:

- ✓ Individual Consultation
- ✓ Menu Planning & Recipe Research*
- ✓ Grocery Shopping (actual cost of groceries may vary*)
- ✓ Meal Preparation/Assembly
- ✓ Packaging & Labeling*
- ✓ Complete Heating Instructions
- ✓ Clean up!
- ✓ Ongoing Communication and Support

*The quality of ingredients you prefer such as Paleo, Keto, Zone/40-30-30, Whole30, South Beach, Organic, Vegetarian, Vegan, Raw, medical... will be used to meet your needs! Actual cost of groceries is in addition to service amounts listed. Meals are generally 400 calories each consisting of 4-6 ounces lean protein, 1/2-1 cup whole grains/starch, 1 1/2 cups low GI carbs/vegetables and healthy fats. A final amount for your service is determined at your complimentary assessment.

Some special options may incur extra labor fees/actual costs; *Many choices are available to meet your needs-just ask!*

Contact Chef Brandy

for your complimentary assessment today!
Brandy@ChefBrandy.com or (775) 338-2202