

Dining by Design
Baldwin County, AL

TO:

www.ChefBrandy.com

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



Dining by Design

Slow food for fast lives!



Personal Chef Services
www.ChefBrandy.com

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 on-the-go people the opportunity to enjoy nutritious home-cooked meals in the convenience of home. Today's hectic lifestyle doesn't mean you have to give up delicious cuisine.

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 ingredients.
- Prepare fresh meals in the privacy of your own kitchen per Washoe County Health District rules.
- Leave a clean kitchen, healthy homemade food and the lingering scent of delicious cooking.
- Have you skip the chore of planning, shopping, cooking, cleaning & go right to enjoying meals; *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. ~



How does it work?

Discuss your needs.

During a no-cost consultation, we will review your favorite foods, dietary restrictions and health goals as well as overall service desires. This establishes how we will work together. Service follow-up and communication is ongoing.

Plan your personal menu.

Each week, meals are proposed to ensure you are only served foods you love, prepared to your taste. Over 400 tested and client approved favorite recipes are available. Special requests may be added on occasion. There is no set menu from which you must choose!

Schedule your Chef Day.

On a 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.

Enjoy!

All meals are packaged to meet your needs (single serve and servings for two* or family style). They are labeled and include heating instructions so that each meal is enjoyed at its best.

Packages & Pricing*:

Full meals (main + 1-2 sides each; ready to heat/eat).
Hourly charged options available for custom plans.

	2 servings	4 servings	6 servings
5 meals	\$255	\$295	TBD
4 meals	\$220	\$255	\$295
3 meals	\$185	\$220	\$255

All full meal services include:

- ✓ Individual Consultation
- ✓ Menu Planning
- ✓ Grocery Shopping
- ✓ Meal Preparation
- ✓ Packaging & Labeling
- ✓ Heating Instructions
- ✓ Clean up!
- ✓ Service Follow Up

We craft meals using ingredients that match your specific preferences, from organic and gluten-free to low-carb. While service fees are detailed above, the cost of groceries is separate. Every meal is generally around 400 calories, balancing lean protein (4–6 oz), whole grains or starch (1/2–1 cup), and low-glycemic vegetables with healthy fats.

For a final and personalized service amount, we'll confirm details during your consultation. Additional options like custom serving sizes, specific calorie tracking, or dietary research are available for an extra fee. Just ask us about the many add-ons we offer to perfectly suit your needs.

Contact Chef Brandy

for your no-cost consultation today!

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