



## Personal Chef Service and Pricing:

As a Personal Chef, I work for an individual or family, not a group. I create meals that are to the client's tastes and preferences and according to any health restrictions they may have. I shop for groceries on a "per client" basis, not as a group. Each client is given a copy of the store receipt that is strictly for groceries purchased for their meals. The meals are typically prepared in the client's kitchen, where I package, label, and store as required. I then clean whatever I have used and leave the kitchen fresh for the home owner.

Each prepared meal typically includes an entrée and two side dishes. The entrée is a protein such as beef, chicken, fish, seafood, pork, tofu, cheese or eggs. One side dish will be a starch product such as potato, rice, pasta, or grain such, quinoa or barley. The second side dish will be vegetable or fruit.

If you still enjoy cooking but find you don't have enough time to prepare full meals, the Entrée Only Options are perfect for you. While the entrée is reheating you will have time to assemble your favorite side dishes and serve a full meal in a matter of minutes.

A combination of "Full Meal" and "Entrée Only" options can be selected.

Once you have selected the options that work best for you, I prepare a menu for your approval then shop and prepare meals. I package each individually or family style, whichever you prefer. If you have containers you would like me to use I will be happy to do that otherwise there will be a onetime charge for reusable containers that I will switch out each cooking day. I label each package with the date prepared and basic instructions on reheating.

An invoice for my service plus the groceries purchased will be provided on the day of service.

Payment can be by cash, check or credit card and is due at time of service.

### Individual or Family Full Meal Plan Options:

	Entrées	Sides	Servings	Total Meals	Total Cost	Cost per meal+ Food
Individual or Family meal plan options	2	2	2	4	\$100 + Food	\$25.00
	3	2	2	6	\$132 + Food	\$22.00
	3	2	3	9	\$156 + Food	\$17.33
	3	2	4	12	\$177 + Food	\$14.75
	4	2	2	8	\$160 + Food	\$20.00
	4	2	3	12	\$208 + Food	\$17.33
	4	2	4	16	\$236 + Food	\$14.75



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## Entrée Only Option:

Entrée only options	Entrées	Sides	Servings	Total Main Course	Total Cost	Cost per main course+ Food
	3		2	6	\$111 + Food	\$18.50
	3		3	9	\$112.50 + Food	\$12.50
	3		4	12	\$123 + Food	\$10.25
	4		2	8	\$120 + Food	\$15.00
	4		3	12	\$150 + Food	\$12.50
	4		4	16	\$176 + Food	\$11.00

## Combination Option:

You may choose a combination of Full Meal options, Entrée Only, and Side Dish options to meet your personal needs. **Custom** pricing will be provided based on the combination selected.

## Per hour option:

\$40 per hour + the cost of food. Minimum charge of 2 hours for menu planning, grocery shopping and kitchen clean up.

**Example:** meal preparation for 3 entrees with 2 side dishes is approximately 3 hours.

3 hours prep + 2 hours shopping, planning, cleanup = 5 hours x \$40 = \$160 + the cost of food

**NOTE: Additional side dish servings can be added to each entrée for \$5 regardless of the meal plan chosen.**