

## Our Services

We begin with a no-cost, no obligation Client Assessment. We'll meet in your kitchen to discuss your family's personal preferences, dietary requirements, food allergies or any other special consideration, questions, comments or goals you may have in mind. We'll then use this information to create customized menus for you and your family.

Prior to your scheduled cooking date, the menus will be created for you and your family allowing you to make selections for your next set of meals. You'll always have the option to choose what you want to eat. It is our goal to work with you to create meals that you and your family will look forward to.

All the shopping will be done for you. The freshest and highest quality ingredients will be used whenever possible while keeping an eye on budget. The meals will be prepared in your own kitchen leaving you with nothing to clean up, and all the aromas of freshly prepared meals for you to savor. All food items will be packaged, stored in your refrigerator or freezer and labeled with instructions on how to reheat. When you are ready, we'll get together to design your personal menus and schedule your first cook date.