

Chef Sophie



September
2009

PERSONALIZED WEEKLY PLAN

\$250.00 FEE + COST OF FOOD

You choose the entrées, we shop according to your preferences and we cook for you.
In this formula, what you pay is the service for grocery shopping, preparing, cooking, packaging.

This service is mostly used by people with diet restrictions and people who like ethnic food (Indian, Spanish...) or expensive items (lobster, game, fancy foods) which are not proposed in the all inclusive formula.

Looking and testing ethnic recipes or adjusting classic recipes to meet diet restrictions require more research and preparation work than other plans with classic cooking, as well as finding sources and suppliers for specific food items and produce.

The fee is calculated according to the time spent on research, shopping, preparation, cooking and cleaning.
The total price will depend on the grocery bill.

Everything is made to save you time and the hassle of spending hours thinking of balanced menus, shopping, cooking and cleaning.

We do the job for you. You just have to check the list on the freezer door and choose what you will defrost for the next family dinner.

Then, 30 min before dinner, you turn the oven on, or boil a pot of water; throw the "ready to cook" meal in the oven or in the pot, and dinner is ready.

It is as easy as the meals you find in the freezer section of your supermarket, but the choice of entrees is not limited to cheap chicken and pasta with sauces loaded with preservatives, flavor enhancers, MSG, dyes, and additives with unpronounceable names.

If you struggle with your therapeutic diet (Celiac, lactose, diabetic, low sodium, low potassium, Gerd...) or weight loss diet, we can help you simplify your life. Tell us what you would like to eat, and we will adjust the recipes according to your prescription. You won't have to spend hours in the store reading labels to check the list of ingredients and add the calories.

Chef Sophie, serving RI (mylittlefrenchcottage@gmail.com)

(\$250 + COST OF FOOD)

We provide

- A one-on-one interview to discuss your culinary preferences and dietary needs
- Personalized meal planning
- Shopping for the freshest ingredients
- We supply all our own cooking equipment
- Meal preparation in your own kitchen
- Packaging and storage of each meal in convenient portions
- A clean and spotlessly tidy kitchen

Choose numbers of entrees and servings :

10 x 1 (10 entrees for 1 person)	\$250 + groceries
5 x 2 (5 entrees for 2 people)	\$250 + groceries
10 x 2 (10 entrees for 2 people)	\$250 + groceries
5 x 3 (5 entrees for 3 people)	\$250 + groceries
10 x 3 (10 entrees for 3 people)	\$250 + groceries
5 x 4 (5 entrees for 4 people)	\$300 + groceries
10 x 4 (10 entrees for 4 people)	\$300 + groceries
5 x 5 (5 entrees for 5 people)	\$300 + groceries
10 x 5 (10 entrees for 5 people)	\$300 + groceries