

# MEAL PREP FAQ

## Why should I hire a personal chef?

### *Health Reasons*

With restaurant-quality meals made from fresh ingredients according to your preferences it's easy to enjoy healthy, delicious meals in the comfort of your own home.

### *Save Time and Energy*

Cooking and cleaning up take a lot of time, regardless of how much you enjoy it. You can enjoy eating healthy, handmade cuisine without the labor when you hire a personal chef.

### *No More Impulse Buying*

The USDA estimates that 31% of the food supply goes uneaten, with customers to blame for wasting 2/3 of it. Consumers buying more than they need, especially while food shopping, is one of the many causes of that waste. Frequently, a lot of that food is thrown out.

### *Simplified Weekly Meal Planning*

Many consumers tend to overestimate how much food is required to feed themselves and their families. Personal chefs have the expertise needed when shopping both in terms of quantity and quality.

### *Less Need to Eat Out or Order Takeout*

Having a personal chef cook in your home means less food loaded with fats, sugars, excessive salt and preservatives, and healthier food options tailored to your dietary needs.

### *What services are included in on-site meal prep?*

Our packages all include meal planning, grocery shopping, meal prep, packaging and kitchen clean-up. Unwind or do whatever your busy life requires with the time you'll save (an average of at least 5 hours)!

### *How much does this cost?*

The cost will depend upon the meal plan chosen. For example, the standard package of a 4x4 (4 unique meals, 4 servings each) - perfect for 4 or if for a couple, this provides 2 servings each per dish (think dinner and leftovers for lunch) runs \$525 plus food cost.

### *How many meals are included? Is this typically lunch and dinner - what about breakfast and snacks?*

As noted above, this will depend upon the meal plan chosen. While most people choose lunch and dinner style meals, breakfast and snacks are available options.

### *What do I need to do to prepare before you arrive?*

Please make sure your freezer and refrigerator have enough room for safe storage as we will be supplying meals for the upcoming week. Having an accessible/empty trash can and a kitchen free of any clutter or dishes that haven't been put away, is also beneficial.

### *What's your cancellation/refund policy?*

It is understood that you may need to reschedule because of illness/emergency, in which case we will be happy to offer you the next available time slot. Otherwise, because we have reserved the day for you in addition to the fact that this service requires the purchase of ingredients ahead of time, changes must be received a week in advance for full credit. A request to cancel within this timeframe will incur a charge equivalent to 50% of the normal billing rate (unless otherwise specified in advance) in addition to any hard cost, where applicable. If a date change is requested, client may incur an additional grocery charge, as groceries may need to be re-purchased.

We reserve the right to cancel or reschedule for any reason, at which time a full refund will be offered should rescheduling not be an option.