

PRESS RELEASE

Today's date
For Immediate Release
City, State

Personal chef offers family time to clients

What's for dinner at your house tonight? Take-out? Fast Food? A supermarket frozen dinner? Or a delicious and nutritious home-cooked meal? Believe it or not, some busy professionals have passed dinner chores on to their personal chef, and you could, too.

Susan Smith, of (name of city or area), is a personal chef who is taking the stress out of dinnertime. Close your eyes and imagine that you come home from a long, hectic day, and in about 15 minutes you sit down to a healthy, well-balanced and delicious dinner. You'll have quality evening time with your family.

A personal chef is most affordable. Clients often say they are saving money because they aren't buying costly take-out and restaurant meals. And they are no longer throwing away groceries purchased with the good intention – but no time to prepare it.

Owner of Kitchen Delights, Smith offers a free comprehensive interview to determine food preferences and any dietary requirements. This information is the basis for customized menus that will be prepared exactly as the client requests. Clients choose what they want to eat and Smith prepares it.

According to Smith, no two clients have the same menus. Some want home-style comfort foods, others want gourmet selections. Low-fat, low-sodium, heart-healthy, weight-loss – each client decides. Also, each client determines the frequency of service. Some clients arrange for an every-other week service, while others find a monthly service fits their needs.

On the day of service, Smith shops for and prepares five entrees, four servings each, and some side dishes. All meals are labeling with heating instructions.

Chef Susan Smith is dedicated to excellence in the industry

For more information:
Contact Susan Smith
Kitchen Delights
Phone: (xxx) xxx-xxxx
Website: xxxxxxxxxx

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