

PRESS RELEASE

Today's date
For Immediate Release
City, State

Personal chef can solve “what’s for dinner” dilemma

Susan Smith, a long-time passionate cook, spends her days solving busy professionals’ “what’s for dinner” dilemma. She’s a professional personal chef, and loving every minute.

“Before starting Kitchen Delights, I was the typical time-starved career person. I loved to cook, but was often too pooped after a day’s work to even want to cook,” Smith said. “Instead, I was feeding my family nutritionally bankrupt fast foods, deli take-out, or supermarket frozen dinners.”

Realizing that there were others with the same problem, Smith decided to make a career change, and now prepares custom made meals from her new commercial kitchen.

Smith offers a free consultation and food-preference interview to help people decide if a Personal Chef Service meets their needs. The cost of service varies depending on the type of service selected and the number of meals provided and will be determined at the interview.

Food preferences and dietary requirements are the basis for the customized menus. For instance, if Brussels sprouts are disliked, they will never be offered. If weight-loss meals are required, that’s what will be on the menu. Clients approve all menus or work with Smith to change them. Smith says she has access to a huge quantity of recipes for entrees that freeze well, and most importantly taste delicious when thawed and heated.

Is a Personal Chef Service a luxury, or is it a necessity? Smith responds, “Most people think it is a luxury they can’t afford. But once they calculate the true costs – including health costs – of other dinner options, my service became very affordable.”

Chef Susan Smith is dedicated to excellence in the industry

For more information:
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