

PRESS RELEASE

Today's date
For Immediate Release
City, State

Personal chef provided home-cooked meals

You say you are concerned about nutrition, good health, and desire home-cooked meals, but what are you doing about it? If you are the typical busy professional who is too tired to actually plan and cook a nutritious, well-balanced dinner, you probably frequent fast-food places, delicatessens and restaurants – every night.

Have you heard about personal chefs? Susan Smith, of Kitchen Delights, would like to talk to you. She offers you delicious home-cooked dinners, custom prepared and at an affordable cost.

Imagine coming home from work and in about 15 minutes, sitting down to dinner. Clean-up is simple, leaving the entire evening for quality family or personal time. Sounds good, doesn't it.

"I enjoy creating personalized menus for my clients," says Smith. She offers a variety of specialized diets, including low-fat and heart-health offerings. "Clients are often surprised that even weight-loss meals can be delicious."

Smith offers a free consultation and food-preference questionnaire to help prospective clients decide if a Personal Chef Service meets their needs. The cost of service varies depending on the type of service selected and will be determined at the interview. Some clients choose an every-two-week service, others choose a monthly service. Smith accommodates her clients' desires. "Tell me what foods and frequency you want, and I'll provide it," she says.

For more information:
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