



The following are just to generate ideas.
Prices, terms, conditions, etc expressed here are for example purposes only.

The Perfect Mother's Day Gift!

<i>Grocery Shopping</i>	<i>Large Variety of Healthy Meals</i>	<i>Vegetarian and Low-fat Entrees</i>	<i>Meal Preparation in Your Home</i>	<i>Finest Vegetables Top Quality Meats</i>
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My Secret Chef

Personal Chef Service



A two week service for two is regularly \$340, now only \$280 (only \$14 per plate)
Or a two week service for four is regularly \$450, now \$390 (only \$9.75 per plate!)
(prices include food.)

Call My Secret Chef for information about this affordable dinner solution.

505-888-0000

Save over 20 hours in the kitchen by using a Personal Chef Service.

Mothers Day Mini Flyer [could also double as an ad]



TIME. Such a precious and elusive commodity when you're taking care of spouses and bosses, Little League and families, carpools and Muffin the cat. How do you find a way to squeeze in time for you? Frozen dinners from the grocery store can be a time saver, but they never look or taste like the picture on the package.

My Secret Chef, Personal Chef Service to the rescue!

Using a Personal Chef Service is a practical way to ease the burden of everyday cooking. I plan your menus (restaurants would be jealous), do the grocery shopping, prepare a week worth of meals (in your home but with our cooking utensils) and clean up after we're done. My preservative-free dinners are refrigerated or frozen until you're ready to eat them. I provide easy-to-use heating instructions and suggestions for side dishes. The only thing you have to do is set the timer. Honest.

My Secret Chef, Personal Chef Service is a sensible luxury. My basic service is \$285 for five dinner entrees. Each entree serves four (or about \$14 per serving and I do the shopping and the cooking!). Service dates are available in weekly, every two weeks and monthly plans.

Sure you'll have preferences, so I've included a brief questionnaire to help me get to know your culinary tastes. Whether it's a passion for fresh seasonings or a need for dietary restrictions, I prepare all meals according to your direction. So the next time you're tempted to pick up that frozen "dinner de jour" at the store, pick up your phone instead. Call **My Secret Chef, Personal Chef Service** at 505-888-0000 for more information or to make a reservation for a free consultation.

Frequently Asked Questions

What is a Personal Chef?

A Personal Chef is someone who comes into your house and prepares healthy, delicious and nutritious meals based on your personal taste. They do all the planning, shopping, cooking and packaging. All the meals will be stored in your freezer and refrigerator with clear and concise labels for reheating. You enjoy the convenience of having delicious meals prepared in your home.

How much does the Service Cost?

The cost for each service depends upon; the number of people to be served, whether they are heavy eaters or light, and any special dietary requirements that need to be addressed. Average meal prices range from as low as \$10-12 per plate up to \$16-18 per plate (adult servings). My prices include the cost of groceries and disposable food containers. A final cost would be determined once I've completed an initial consultation.

What areas do you cover?

I serve the greater Albuquerque area as well as a 15-mile radius outside this area. Service outside these areas will be considered on a case-by-case basis and may include additional charges.

What menus do you offer?

This is a purely customized service, in which I develop the menus based upon your personal taste and dietary needs. I have hundreds of recipes to choose from to ensure you get a variety of cuisines.

Are the meals frozen?

The majority of your meals will be stored in your freezer. Typically your menu will consist of the first couple of night's meals to be fresh and eaten within three to five days, and any fish meals to be eaten that night. The balance of the meals will be stored in your freezer.

Do I have to supply any cookware or containers?

I will provide all the necessary cookware tools and utensils needed to prepare all the meals. The storage containers I use will be supplied and most can go from the freezer to either the oven or microwave.

I also offer the following services:

intimate dinners, small event catering, interactive cooking classes, as well as gift certificates.

My
Secret
Chef



Personal Chef Service

Rebecca Wigum, CPC

1234 Pyrlo Avenue

Rio Rancho, New Mexico 87124

505-888-0000

mysecrechef@myway.com

Menu

You don't need to pronounce arugula and couscous correctly to enjoy fabulous entrees like Beef Madagascar, Seafood Stuffed Ravioli, and Grilled Caribbean Chicken.

For those of you who have "simplified your life" try our Hearty Beef Stew, Classic Chicken Divan or Swordfish with Roasted Peppers.

Soups-Salads-Sides (*Hungry yet?*) Salmon Corn Chowder, Aromatic Yellow Rice, and New Potato and Asparagus Salad.

Even Italians can't live on love alone...enjoy Crème Rosa Bowties, Stuffed Manicotti, and Tuscan Bean and Cabbage Soup.

We Customize low-fat and vegetarian dishes too! Try our own Santa Fe Brown Rice and Beans or Lentil Loaf with mushroom Gravy. Our light menu includes Glazed Chicken with apples and Fish in Parmesan Herb Breading.

Bet your kids will like Navajo Tacos, Apricot Chicken, and Modern Mac and Cheese.

Our Meals are served complete with breads and condiments such as Jalapeno Cornbread, Fruit Chutney, and Cucumber Sauce.

My Secret Chef Personal Chef Service is the dining out alternative.



Rebecca Wigum, CPC
1234 Pyrite Avenue
Rio Rancho, New Mexico 87124
505-888-0000
mysecrechef@myway.com

Tired of cooking? We can save you 10 hours a week in the kitchen. We cook. We Clean.

Bored with dining out and spending \$\$\$? You pick the menu. It's fresher, healthier, and you don't have to drive to wait for a table.

Hate to shop? We do it all, per your instructions. Special requests and diets are no problem.

Is fast food killing you? We use only the freshest and finest ingredients.

Hate to clean your kitchen? We clean up after ourselves...(*unlike certain family members*).

If you have no time to cook, then try my stress-free, personal culinary services!

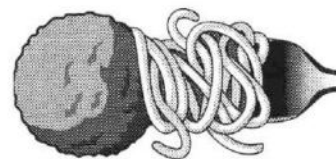
Time and Good Health

may be our most valuable assets today. Busy people send precious time menu planning, grocery shopping, and cooking for the family. My Secret Chef can help remove much of this burden from your busy schedule. I can save you 10 hours a week!

Now you can save time and enjoy healthy, delicious dinners in your home. Leave the meal planning, grocery shopping, and dinner entrée preparation to me. My Secret Chef uses the finest ingredients to create nutritious, preservative-free dinner entrees for you and your family.

Bringing the valuable services of My Secret Chef to your home is easy. Simply call me and I will arrange a time to visit with you at your home to determine your food preferences and design your customized menu.

When I have designed a menu to your satisfaction, I will shop for all the necessary quality ingredients.



A two week service includes:

- ❖ Customized Menu
- ❖ Complete Grocery Shopping
- ❖ Meal Preparation in Your Home
- ❖ Variety of Healthy Meals
- ❖ Finest Vegetables
- ❖ Top Quality Meats
- ❖ Freshest Fish
- ❖ Canola & Olive Oils

My
Secret
Chef



Personal Chef Service

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For your reservation, call Rebecca Wigum at (505) 888-0000

E x p e r i e n c e

Dining In

*If you have
no time to
cook, then
try our
stress-free,
personal
culinary
services!*

We will come to your home with our own utensils, shop for your groceries, prepare your meals; then package and refrigerate them for you to enjoy at your leisure. We even clean the kitchen when we're done!

We offer customized menus featuring a variety of healthful, mouthwatering dishes using the finest vegetables, top quality meats and fresh fish!

\$219

*Two week Chef Service for two introductory price,
includes food. Regular price \$299.*

*Call now for a special **25% Off**
1st time service discount!*

For your personal reservation, call:

My Secret Chef Personal Chef Service
(505) 888-0000

Could your stress-filled days use some stress-free meals?

The 'Dining Out' Alternative.

Special Introductory Offer 50% Off*

My Secret Chef, Personal Chef Service provides you with your own affordable, Personal Chef.

A two week service includes:

- Customized Menu
- Complete Grocery Shopping
- Meal Preparation in Your Home
- Variety of Healthy Meals
- Finest Vegetables
- Top Quality Meats
- Freshest Fish
- Canola & Olive Oils

We use the finest quality ingredients to create our healthy, delicious, preservative-free dinners.

For information about this affordable luxury call:

My Secret Chef, Personal Chef Service
(505) 888-0000

*A regular two week service including food for two is regularly \$399.
Now only \$149 for first time customers.

The 'Dining Out' Alternative

Could your Stress-filled days use some Stress-free meals?

My Secret Chef, Personal Chef Service provides you
with your own affordable, Personal Chef.

Special Introductory Offer 50% Off*

A two week service includes:

- | | |
|----------------------------|---------------------------------|
| ✓ Customized Menu | ✓ Complete Grocery Shopping |
| ✓ Variety of Healthy Meals | ✓ Meal Preparation in Your Home |
| ✓ Finest Vegetables | ✓ Top Quality Meats |
| ✓ Freshest Fish | ✓ Canola & Olive Oils |

We use the finest quality ingredients to create our healthy, delicious,
preservative-free dinners. Call now and experience this affordable luxury.

My Secret Chef, Personal Chef Service
(505) 888-0000

*A regular two week service including food for two is regularly \$299. Now only \$149 for first time customers.

The 'Dining Out' Alternative!

Could your stress-filled days use some
stress-free meals?



*Introductory
Offer 50% Off**

My Secret Chef, Personal Chef Service provides
you with your own affordable, Personal Chef.

A two week service includes:

- ***Customized Menu***
- ***Complete Grocery Shopping***
- ***Meal Preparation in Your Home***
- ***Variety of Healthy Meals***
- ***Finest Vegetables***
- ***Top Quality Meats***
- ***Freshest Fish***
- ***Canola & Olive Oils***

We use the finest quality ingredients to create our healthy,
delicious, preservative-free dinners.

For information about this affordable luxury call:

My Secret Chef, Personal Chef Service
(505) 888-0000

*A regular two week service including food for two is regularly \$299. Now only \$149 for first time customers.

The 'Eating Healthy' Alternative!

..... Hectic Holiday Schedule?

..... Too Busy To Cook?

Let **My Secret Chef**, Personal Chef Service help!



***Holiday Offer
Save \$60.00****

My Secret Chef, Personal Chef Service provides you with your own affordable, Personal Chef.

A two week service includes:

- | | |
|-----------------------------------|--|
| ✓ <i>Customized Menu</i> | ✓ <i>Complete Grocery Shopping</i> |
| ✓ <i>Freshest Fish</i> | ✓ <i>Meal Preparation in Your Home</i> |
| ✓ <i>Variety of Healthy Meals</i> | ✓ <i>Finest Vegetables</i> |
| ✓ <i>Top Quality Meats</i> | ✓ <i>Canola & Olive Oils</i> |

We use the finest quality ingredients to create our healthy, delicious, preservative-free dinners.

For information about this affordable luxury call:

My Secret Chef, Personal Chef Service
(505) 888-0000

**A regular two week service including food for two is regularly \$299.
Now only \$239 with this holiday offer. Gift Certificates Available.*

The 'Eating Healthy' Alternative

Do you want to enjoy healthy, delicious dinners in your home,
but have someone else do the cooking?

Let *My Secret Chef*, Personal Chef Service show you how!

Special Introductory Offer 50%

A two week service includes:

- ✓ Customized Menu
- ✓ Variety of Healthy Meals
- ✓ Finest Vegetables
- ✓ Freshest Fish
- ✓ Complete Grocery Shopping
- ✓ Meal Preparation in Your Home
- ✓ Top Quality Meats
- ✓ Canola & Olive Oils

We use the finest quality ingredients to create our healthy, delicious,
preservative-free dinners. Call now and experience this affordable luxury.

***My Secret Chef*, Personal Chef Service**
(505) 888-0000

*A regular two week service including food for two is regularly \$299.
Now only \$149 for first time customers.

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My Secret Chef

Personal Chef

*If you have no time to cook, then try
our stress-free, personal culinary services!*

We will come to your home with our own utensils, shop for your groceries, prepare your meals; then package and refrigerate them for you to enjoy at your leisure.

We even clean the kitchen when we're done!

* Two week
Chef Service for two
Regular Price
\$299
Introductory Price
\$225



We offer customized menus featuring a variety of
healthful, mouthwatering dishes
using the finest vegetables,
top quality meats and fresh fish!

SPECIAL!
25% Off

1st time service*

For Your Personal
Reservation Call:

My Secret Chef, Personal Chef Service
(505) 888-0000

My Seceret Chef

Personal Chef Service

505-888-0000



Not Enough Time To Cook?

- * Customized Menu
- * Complete Grocery Shopping
- * Meal Preparation In Your Home
- * Variety of Healthy Meals
- * Finest Vegetables
- * Top Quality Meats
- * Freshest Fish
- * Canola & Olive Oils

Per Person Prices Range from:
\$8-10 (family plan) \$14-15 (gourmet plan)

"It's so convenient, it's a secret"



505-888-0000

My Secret Chef Personal Chef Service

Perfect for the way you live today...

*Customized Menu • Complete Grocery Shopping
• Meal Preparation In Your Home • Variety of
Healthy Meals • Finest Vegetables • Top Quality
Meats • Freshest Fish • Canola & Olive Oils*

Call for a FREE Consultation!

"What's for Dinner?"

"Stir fry again! I'm tired of the same old meal."

"I'll grab something on the way home."

"Oh no! I forgot to defrost the stew!"

How do you answer the question...

call for the
solution

505-888-0000

My
Secret
Chef

Personal Chef Service

