

# Delectable Dinners

Delectable Dinners LLC

*Shelly Galloway, Your Personal Chef*

Because you deserve gourmet home-cooked meals  
made of the freshest ingredients with no preservatives.

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*Member of the United States Personal Chef Association*

## WHAT IS A PERSONAL CHEF?

As your personal chef, Shelly, comes to your home and cooks a variety of nutritious delicious meals that you and your family select from a personalized menu. Since Shelly shops for your ingredients the morning of your service, all meals are prepared using the finest and freshest meats and produce available with absolutely no preservatives added. The meal planning, grocery shopping, cooking, packaging, and clean-up are all included in your service.

## ADMIT IT! YOU'VE ALWAYS WANTED YOUR VERY OWN PERSONAL CHEF.

Now there is no reason not to eat well-balanced gourmet meals every night of the week. Shelly makes it as easy as turning on your oven. Each meal is packaged to serve your family's size, tastes and dietary needs- from special diets to simply watching your waistline. Whether for personal or medical reasons, Shelly is always available to work out a menu that meets your dietary requirements.

*"The service is fast and easy. It was nice to come home to a freezer full of meals ready to prepare. As a single parent it makes my job a little easier-my picky 5-year-old loved everything and Shelly left my kitchen cleaner than she found it. Shelly is great to work with and I have already recommended her to family and friends."*

Sean G.

*"I hate to cook but we have to eat! I appreciate that Shelly took the time to get to know our limitations with regard to food- my sensitive stomach and my husband's heart problems."*

Brenda C.

*"All the meals have been tasty and top-notch! These convenient, yet made from scratch meals, are perfect for our busy lifestyles. The food is packaged tight and labeled with easy-to-read warming instructions. Shelly takes no shortcuts. She uses the freshest, best quality food and cooks it to perfection...and there's no meal she won't tackle. She will go above and beyond to make your dining experiences memorable. Her complimentary apple pie was the best, too! We highly recommend her."*

Steve and Cindy

*"Faced with hosting a company holiday dinner for 15, I wasn't sure where I was going to find the time to prepare the meal and care for my newborn daughter. Shelly was recommended. From appetizers to dessert, the meal was nothing short of gourmet. The guests were impressed and it was as easy as choosing my menu from Shelly's extensive list of options."*

Brenda G.



YOUR PERSONAL CHEF ISN'T AN INDULGENCE, IT'S AN AFFORDABLE NECESSITY.

With hectic work weeks and busy family schedules, it's no wonder families are finding it more difficult to eat right and enjoy meals together.

A typical family of four spends \$21.00 on average for a fast food meal loaded with saturated fat and calories. Chef Shelly provides your family with customized healthy gourmet meals that are ready to eat in about 30 minutes- the same amount of time it takes to get to the fast food drive-in and back home.



Less time in the kitchen, less fat and calories, less guilt about your diet and health. More nutritious, more time with the family, more value for money. A personal chef just makes sense.

## *Delectable Dinners Sample Menu*

### *Fettuccine with Shrimp, Olives and Mushrooms*

Shrimp in a fontina cream clam sauce tossed with fettuccine. Served with Italian salad.

### *Chicken with Basil Lemon Cream Sauce*

A tender chicken breast in a basil, wine and lemon cream sauce. Served with sauteed vegetables.

### *Meat Loaf with Barbeque Glaze*

Old-fashioned meat loaf topped with a sweet glaze. Served with garlic mashed potatoes.

### *Mexican Tortilla Casserole*

Layered beef and cheese enchilada casserole. Served with refried beans.

### *Beef Stroganoff*

Lean strips of beef in a sherry mushroom sauce finished with sour cream. Served with egg noodles.



## *Chef Shelly Is At Your Service...*

### **MONTHLY PERSONAL CHEF SERVICE**

Every month, Chef Shelly will prepare a variety of several gourmet meals fresh in your kitchen and package them for your freezer. Simply prepare at your convenience.

### **WEEKLY OR BI-WEEKLY FRESH SERVICE**

If you prefer fresh cuisine over frozen, Chef Shelly will create fresh meals and store them in your refrigerator. You'll always have something fresh to come home and enjoy.

### **GROCERY SHOPPING & PREPARATION SERVICE**

Love to cook? Hate to shop and prep? Chef Shelly will do your shopping and prepare your meats and produce. The tedious work is done so you can save time and enjoy cooking your own meal after a long day.

### **SPECIAL OCCASIONS**

Let Chef Shelly do all the work and you take all the credit. From appetizer parties and Mexican buffet dinners for a special event to preparing a holiday feast for your friends and family, Shelly takes the stress out of entertaining at home so you can sit back and relax. Want holiday home made goodies, but don't have the time to bake them yourself? Chef Shelly will bake them right in your kitchen for your family or package the treats as gifts.

Gift Certificates Available



## *A Word From Chef Shelly*

Cooking for me is more than about making dinner. It's about comfort. It's about my clients coming home from work, the hospital, or where ever their day takes them and finding a meal that will satisfy them. Not only their hunger, but their spirits. Food is so often a source of comfort for us. The favorite dish our mothers used to make or the smell of something baking that reminds us of a wonderful memory can literally make the worries of the world melt away.

So of course, I can make your meat loaf from ground turkey instead of beef to nurture your physical health, but it's the same recipe and taste your heart is nostalgic for! Food has the ability to make us feel safe and secure and the dining table is the best place to really connect with your family and friends. Why else does everyone gather in the kitchen during parties?

With a personal chef, you'll have the time to gather with your family and enjoy all the comforts home-made food has to offer.



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