

# The Drop In Chef

The Drop In Chef is an affordable, private chef service that creates a week's worth of meals in your own kitchen, in one visit.

## How it works is simple!

- You pick 5 meals from our delicious menu.
- We schedule a time for one of our chefs to come by, with fresh ingredients, and make 2 servings of each of those meals.
- The chef stores the meals in microwave safe containers, with reheating instructions.
- You reheat fresh and nutritious meals whenever you're hungry.

**There are many advantages to having your own personal chef!**

## Ingredients:

We only cook with the freshest ingredients, and we'll gladly cater every meal to your tastes. Don't like onions? No problem! We just won't use onions! And keeping the meals in the fridge instead of the freezer keeps them full of flavor!

## Dietary restrictions:

We can easily change ingredients to work with dietary restrictions without sacrificing taste! Including low sodium, type 1 and type 2 diabetes, weight control, vegetarian / vegan, low fat, low carb, and more.

## Nutrition:

Proper nutrition is the foundation of health, and nutritional needs change as we grow and age. Our chefs will give you a delicious and balanced meal, packed full of everything you need.

**Take the guess work out of grabbing meals from the frozen food aisle, or someone who is just delivering pre-made food.**

**Make meals personal again!**



**Our Rotating Menu Is Seasonal,  
And Our Ingredients Are Always Fresh!**



*Apple Stuffing Pork Chops*

*Beef and Spinach Stuffed Manicotti*

*Chicken Cordon Bleu*

*Meatloaf with Mashed Potatoes*

*Hungarian Goulash*

*Pot Roast*

*Rosemary Pork Loin*

*Swedish Meatballs and Egg Noodles*

*...and MANY more.*



For \$150 per visit, you get 10 servings of any 5 items from our menu, made how you prefer. That's only \$15/meal!

We have meal plans for nearly any family size or budget. Call or email us for a quote!

**Go to  
[www.thedropinchef.com](http://www.thedropinchef.com)  
to see our full menu!**