

annie's kitchen is a gourmet food preparation service that specializes in providing healthy, gourmet-style, home cooked meals for busy families, couples, seniors and singles. We offer an array of packages and services to meet your tastes, budget and time-saving goals. Most packages include the cost of groceries (organic meats, poultry and vegetables), packaging, menu instructions and delivery fees.

Personal Chef Service

The Personal Chef Service was designed for clients interested in customized healthy, home cooked meals cooked in their own home or delivered. This classic service plan is available weekly, monthly or occasionally. The food is prepared in the privacy and convenience of your home, or in our kitchen, then packaged with heating instructions, and stored in your refrigerator or freezer.

Each package includes:

- Client assessment to determine your meal preference
- Creation of custom designed menu
- Complete grocery shopping for the freshest produce, poultry, seafood and meat
- Preparation, proper packaging, labeling, and storage of selected meals
- Printed Personalized Menu and Heating/Serving Instructions for each meal
- Thorough clean up and trash removal
- The satisfaction you are doing something brilliant for yourself and family

FRESH SERVICE:

Fresh Service is a premium service that requires us to cook at least once a week for you. These meals are not frozen and are stored in the refrigerator with re-heating instructions. ***Plus the cost of groceries (cost range from \$25 - \$150- depending on the size of the family).**

	5 meals	4 meals	3 meals	2 meals
4 servings	\$320 (20 meals)	\$260 (16 meals)	\$220 (12 meals)	\$180 (8 meals)
3 servings	\$300 (15 meals)	\$240 (12 meals)	\$200 (9 meals)	\$160 (6 meals)
2 servings	\$240 (10 meals)	\$220 (8 meals)	\$200 (6 meals)	\$150 (4 meals)
1 serving	\$220 (5 meals)	\$180 (4 meals)	\$160 (3 meals)	\$120 (2 meals)

Other

- To order any of the above meal programs, you can visit us at www.annieskitchen.net, email (adouglas@san.rr.com) or call us (858.273.1389) to start your meal planning.
- Soups and salads are not included unless specified, and can be made in large batches and frozen (soup only) for a later use upon request; \$10 - \$15 each meal for two servings. **Additional entrée servings are \$15.**
- Each service includes fees for the disposable oven and microwave containers. Or, you can make a one time purchase of permanent containers that will have to be cleaned and returned each week. Permanent container fee - \$36 for Pyrex & Rubbermaid). The Pyrex containers are universal as one can cook, store, defrost, reheat and clean them in the dishwasher for future use.
- Generally, groceries will cost \$70 to \$100 for 10 meals and side dishes for two people; \$100 to \$160 for 20 meals and side dishes for four people. Of course it depends on the dishes you order; Alaskan Crab will be more than Pasta; Beef Tenderloin will be more than Rib Eye; Veal more than Chicken etc. All foods are organic when at all possible.
- Generally, because I prepare everything from scratch, we will be shopping for 1-2 hours in the early morning, and in your kitchen cooking, anywhere from 2-7 hours.