



Imagine...

Coming home from work ---

You're tired and hungry and in just a short while you are enjoying a delicious dinner. The best part is, you didn't have to plan, shop, or cook! It was all done by your very own Personal Chef.

Cooking By J's Personal Chef Service, is a unique service providing you family meals that are customized and prepared just for you.

~Extra Time... there is no planning, shopping or cooking. It's all done by your Personal Chef = extra time in your schedule.

~ Eat Healthy... not drive through, or a meal from the frozen section loaded with preservatives - a great value!

~ Dinner at Home... back to the basics. Your family can enjoy a meal with quality time at the dinner table - price less.

Cooking By J

Joan Warren, Owner

Cooking By J

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Member of the following:

United States Personal Chef Association

International Caterers Association



A Unique Alternative

All too often our busy life-styles force us to choose fast food or tasteless frozen entrees when we would much rather enjoy the benefits of good, home-cooked meals. Unfortunately, our schedules leave us little time to plan, shop for and prepare the kind of food we like to eat

Cooking By J



Let me cook for you!

Cooking By J's Personal Chef services offers you the following:

- Customized Menus
- Grocery Shopping
- Meal Prep
- Customized Packaging

CBJ also offers these additional services:

- Corporate Drop - Off Catering
- Event Catering
- Baking



Customized Menus

My goal is to make each bite delicious! In order to accomplish this I need to know about your preferences and your dietary needs. I have the ability to prepare meals to your specifications as well as preparing favorite recipes you may have.

What is a Personal Chef?

I will meet with you and conduct an interview as well as complete a detailed questionnaire. Each menu is created from the interview and questionnaire answers and list entrees and some side dishes and is presented to you for your approval prior to your scheduled cooking day.

Meal Preparation / Cook Day

Once your menu has been approved, your cook day will be scheduled. I will prepare, package and refrigerate or freeze each item per the arrangements. Pick up or delivery will be scheduled ahead of time. The thawing and reheating instructions will be included with the meals. These instructions are important for food safety and quality, Your fridge/freezer will be stocked after your session. You simply reheat the meals and enjoy the free time and the fabulous food.

Variety of Healthy Menus

I have the ability to cook not only to your tastes, but also according to your dietary requirements. With the internet at my fingertips and a personal library of cookbooks, the menu ideas are endless. From comfort meals like grandma used to make to leaner options and everything in between can be incorporated into your personal menu!

IMAGINE

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YOU'RE TIRED AND HUNGRY...

AND IN JUST A SHORT

WHILE YOU ARE ENJOYING

A DELICIOUS DINNER.

Complete Grocery Shopping

For your scheduled cooking day, I will shop for the groceries for the meals on your menu. I will purchase all of the items needed and the cost of these groceries will be included in your invoice at the end of the cooking day. I will shop wherever you prefer if at all possible. Keep in mind, not all stores carry the required ingredients needed, so more than one store may be used.

Freshest Vegetables

For your scheduled cooking day, I will select the freshest vegetables available for your meals.

Freshest Fish

I will work with seafood managers and take into consideration their suggestions on the fresh selections available.

Pantry / Storage Items

I have a pantry of herbs, spices, oils and vinegars that I will be using in your meals. These items along with storage supplies will be a percentage of the grocery bill

The Solution

Cooking By J is ready to provide you with this time saving service which solves your "What's for Dinner?" problem. Call now for a no-obligation, free consultation.



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Corporate Drop Off . Personal Chef Services . Events . Bakery