

Chef Nite Orlando

Personal
Concierge Package

Chef Rashaad Shears



What Is A Personal Chef



Daily / Weekly Services

- Customized Service Designed to facilitate and accommodate your lifestyle.
 - Set personal weight management goals
 - Too busy to eat healthy
 - Busy family life and struggle to give healthy convenient options that everyone enjoys.
 - Don't Cook !
 - Some people don't cook and some people can't cook no matter your ailment I can facilitate.
- Provides consistent delicious food designed to be healthy
- Save Time, Money, eat Healthy with convenience
- Stream line your life and add value to your Day.

Services Offered

- Grocery Shopping
- Meal plan/ Prep
- Fresh Cooked meals
 - 2x week
 - 5x week
- Fresh Packed Meals
 - Weight management program

Additional Services

- Personal Coaching
Healthy living lifestyle
- Gym work outs
- Alternative workouts
 - Biking, boxing, bootcamp, rock climbing training

Home Cooked Food Vs. Take out/Restaurants

- As Your Personal Chef I take care of the ingredients I use to Prepare food with the upmost quality
- My Passion for my craft ensures my client receives the best I have to offer.
- Come home, to home cooked food.
- Take Healthy Lunches to work to enjoy your full lunch break.
- No more grocery store lines. (unless you want to)
- Feed your family with time to sit at the dinner table.

- Restaurants / Take out Require you to Wait and go out of your way to receive mass produced food.
- You loose your lunch hour waiting in line, and traveling back and forth.
- Crowded, Noisy restaurants, Lines, less than healthy food.
- Marked up food prices so you pay for the décor and not the food quality.





What Is Concierge



- **As your Personal Chef I will comprise a menu and schedule that is most conveniente to you.**
- **More than just a chef.**
 - I assume many roles;
Chef, nutritionists, Inventory/budget management.
 - With many years maintaining food budgets for restaurants I will bring that same expertise when it comes to managing your food budget and inventory control.
 - Being a Chef I am able to produce many options and cross utilize ingredients to give you the most production for your dollar, while maintaining high nutritional values.
- **As your Personal Chef/ Concierge you will receive Services outside the scope of cooking.**
 - Grocery Shopping and Lite Errand Running
 - Meal Plan/ Prep/ Weight management program
 - Exercise Program
 - Whether you are trying to lose weight, Gain Muscle, Or train for a special Sporting event, I will develop and Work out together to achieve your goals together

Pricing Contract

- As a Personal Concierge, I only take on clients that are serious about the services. Due to the demand of time, and my degree of quality, I will only take on a limited amount Clients to ensure that you receive the quality of service you expect. I expect all my clients to Sign up for a 6 month contract with a 30 day cancellation policy.
- Payments will be Paid weekly via recurring debit payments with card on file.
- Grocery Deposit
 - When we determine the type of Meals you are inclined to eating and we develop a suggested Meal plan. The weekly food cost will be calculated with suggested menu options and the amount to people who will be involved.
 - Grocery Deposit of \$250.00 shall be maintained to facilitate services.



Service Options

- Full Personal Concierge \$900/ wk
 - 5 Fresh cook dates *valued at 150.00/ day
 - 3 Personal Training Sessions * Valued at \$50.00 session
 - Lunch and dinner for seven days a week. Add up 12 people wk.
 - Great for large families/ Friends / Groups
 - The Price is the same so add more people to the plan to share in the price.
 - Grocery Shopping
 - 2 hrs of errands/ wk
 - Weight management programs





More Services

Part time Concierge Services \$500.00

- 2 Fresh cook dates
- Lunch and Dinner for 5 days add up to 10 people
- Grocery Shopping
- 2 hr errands/ wk.
- 2 Personal Training Sessions/ wk.
- Weight Management Meal Planning included

Personal Chef Package I \$700/ wk.

- 5 Fresh Cook dates
 - Lunch and Dinner for 7 days add up to 10 people
- Grocery Shopping
- Add personal Training for \$50.00 session
- Weight management meal plans available

Personal Chef Package II \$350.00

- 3 Fresh Cook dates
 - Lunch and Dinner for 5 days add up to 7 people same price
- Grocery Shopping
 - Inventory/ Budget management
- Weight management program available
 - Personal Training available for 50.00 a session

Personal Chef Package III \$250.00

- 2 Fresh Cook dates
 - Lunch and Dinner for 5 days add up to 5 people same price
- Grocery Shopping
 - Inventory/ budget control
- Weight management program available
 - Personal training sessions available at \$50.00/ session.



Vacation Packages

Vacation Concierge V.I.P

\$800.00/ wk up to 10 people

- 5 days of Fresh Cook Dates
 - Daily serving of: Breakfast/ Sack Lunch/ Dinner
 - Grocery Shopping
 - Stock fridge with snacks and food to be prepared and served.
- Suggested activities and Florida venues.

Vacation Concierge II

\$500.00/wk up to 10 people

- 3 days Fresh Cook dates
 - 5 days of: Breakfast prep/ Sacked Lunch/ Dinner
 - Grocery Shopping
 - Stock Fridge and Pantry with snacks and Food to be prepared and served

Dinner Party Chef

Appearance fee \$350.00 minimum 5 people.

1. Service includes Stocking fridge with Food for the week of your vacation.
2. Feed and Entertain Guest with Live cooking demos and Chef Inspired Cuisine.
3. Artistic Plating and menu items paired with wine. (provided by chef nite.)
 - Brunch Menu \$20.00/ Person
 - 3 Course meal/ wine pairing \$35.00/person
 - 5 course meal/ wine pairinig \$80.00/person
 - Hands on Cooking Class \$60.00/ person



Monday	Breakfast \$7.00 / 1 hr cook and Clean up 15 min drive through	Lunch \$10.00 1 hr cook and clean 20 min take out 20 min travel time	Dinner \$16.00 1.5 hour cook and clean 1.5 hour sit-down 20 min travel time	Total 33.00 3.5 hour cook/ clean 2.75 hour takeout/ drive through/ dine in.
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Budget/
 Time
 Calculator