

PRESS RELEASE

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For Immediate Release
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PERSONAL CHEF OFFERS FAMILY TIME TO CLIENTS

What's for dinner at your house tonight? Take-out? Fast Food? A supermarket frozen dinner? Or a delicious and nutritious home-cooked meal? Believe it or not, some busy professionals have passed dinner chores on to their Personal Chef, and you could, too.

Shelley Merner of Frisco, is a Personal Chef who is taking the stress out of dinnertime. Close your eyes and imagine that you come home from a long, hectic day, and in about 10 minutes you sit down to a healthy, well-balanced and delicious dinner. You'll have quality evening time with your family.

A Personal Chef is most affordable. Clients often say they are saving money because they aren't buying costly take-out and restaurant meals. And they are no longer throwing away groceries purchased with the good intention – but no time to prepare it.

Owner of Elegant Eats Personal Chef Service, Merner offers a free comprehensive interview to determine food preferences and any dietary requirements. This information is the basis for customized menus that will be prepared in the client's home. Clients choose what they want to eat and Merner prepares it.

According to Merner, no two clients have the same menus. Some want home-style comfort foods, others want gourmet selections. Low-fat, low-sodium, heart-healthy, weight-loss – each client decides. Also, each client determines the frequency of service. Some clients arrange for an every-other week service, while others find a monthly service fits their needs.

On the day of service, Merner shops for and prepares her clients custom menu. Everything is labeled for storage and the kitchen is cleaned. Except for a refrigerator stocked with meals and the delicious aroma of home-cooking, clients don't even know that Merner was there.

Personal Chef Shelley Merner serves clients in the Collin County and North Dallas area. She is a member of the United States Personal Chef Association (USPCA), and is dedicated to excellence in the industry.

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