

## Welcome to the Good For You Gourmet Personal Chef & Catering service

We are your whole foods personal chef and catering professionals, serving Greater Victoria and Southern Vancouver Island since 1999. To view our package rates and menu online, please visit our website at [www.gfyg.ca](http://www.gfyg.ca) *The personal chef service we provide takes the work out of eating well!*

When you find yourself interested in our personal chef service, **Step One** is to book a complimentary **Consultation** call, during which we will discuss your dietary needs, and how we will best meet those needs and expectations with one of our service plans, or a customized service. Contact our Chef Laura via email, text or phone at 250.514.1544, or send an email [cheflaura@gfyg.ca](mailto:cheflaura@gfyg.ca) to set up this free consultation.

Once it is clear that GFYG is able to meet your dietary needs, and you are ready to go ahead with the service, **Step 2** is to book an **In-home Assessment** with our Chef Laura. She will meet with you and your family members to build rapport and discuss service details; collect the dietary information required to create a Master Menu based on your families unique dietary needs and preferences; take note of the layout of your kitchen, whereabouts of kitchen supplies and food storage equipment; plus answer any questions that you may have since our telephone consultation. We will also review the Personal Chef service contract, secure the grocery deposit, select or custom-create your service package, plus book your first service date. There is a start up consultation fee of \$75 plus GST for this 1-1.25 hour meeting, and travel fees may apply based on location. Fee includes creating your customized Master Menu which we will send to you within 24 hours post visit, from which you will make your menu selections for all future service dates.

**Step 3** is having Chef Laura show up at your home on the day of service, fresh groceries in hand and ready to cook for your family. We will need access to your home: either someone to let us in, or a key, and/or alarm codes. While we do not require any family members to be home while we are cooking, sometimes clients are home, we ask that it be understood that the kitchen will be in full food production mode for a minimum of 4, up to 6 hours, and as such, not as readily available to your family for regular use. However, if clients need to make tea or coffee, or whip up a quick snack, Chef Laura will be happy to make room, or take a quick lunch break herself, to provide space.

Once all your food is prepared, it will be packaged in your own storage containers, labelled and refrigerated or frozen. We provide an Instructions sheet which will clearly list your menu, number of portions, and cooking or reheating instructions. Let us know in advance which recipe you want for dinner that night, and we will make sure it is ready in time that night. As we tidy up, we will use your on site recycling, laundry, cleaning supplies, and compost. If compost is not available, we will take the compost away, and use it to feed our own red wrigglers! When you get home, you will find your kitchen tidy, dinner ready, and a home that smells delicious!

### Our Service Packages & Customized Plans

Our services range from pre-planned packages to customized plans, to fulfill your meal planning requirements and expectations. We will arrange your service package based entirely upon how you need us to serve you and *your* families food preferences and/or allergies, dietary and lifestyle needs. We provide healthy, wholesome food for our clients, via a weekly fresh service, or volume cooking in our clients homes (some to freeze), on a weekly, bi-weekly, monthly or as needed basis.

We look forward meeting your family, and setting up a service that will provide you with the best organic and natural whole-foods available, prepared with the greatest care and attention, according to your specific dietary needs.

Sincerely,

Chef Laura Moore, Owner, Personal Chef & Caterer  
Mobile office, 250.514.1544, [www.gfyg.ca](http://www.gfyg.ca)

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### Client Feedback

"Laura came to our home to prepare meals on a weekly basis. We had specific dietary requirements: primarily salt free, low fat, low sugar, high fibre and vegetarian. Laura met these criteria unfailingly, and yet was consistently able to produce extraordinary & exciting flavours in her many varied creations. Laura did all the shopping for her ingredients and clearly exceptional knowledge about nutrition & wholesome quality products." *Susan & Jamie H., 2002*

"To whom it may concern: My wife, Claudia, and I spent 3 months, (January, February and March of 2004), in the Victoria Regent Hotel. During this period we had Laura Moore come to the condo - once per week - to shop and prepare our meals for the following week. Laura's cooking was always first rate and her meals were delicious and healthy. Laura always left the kitchen in excellent condition. Claudia and I have no hesitation in recommending Laura's work." *John and Claudia I., Regina, Sask., 2004*

"Hi Laura! We officially finished the last of the yummy meals last Friday. It was the last bowl of the incredible almond butter soup. The meals were amazing! Thank you so much! I am still on the road to recovery. I can now walk short distances on crutches, but for anything longer I am still limited to the wheel-chair. I know the goodness and love in those meals definitely helped! I hope all is well with you and thanks for everything! Take care." *Bree, Dec. 2005, Victoria, B.C.* (Bree was recovering from a serious car accident injury, and her friend from Edmonton gifted her with our personal chef services.)

"Jeremy and I were just saying that the day that you cook is the best day in the month because we can't wait to sample everything. We love everything again this time, of course. Thanks, too, for the suggestion about the turkey. Jeremy picked one up on his way home and we cooked it that night. See you on the 29th." *Crystal & Jeremy, 2007*

"Hi Laura, we've enjoyed the food a lot, and I was meaning to email you to figure out a date to have you come again. We're just working out our schedule for the fall, so I'll email you once I figure out when would be a good time. I have to go to a conference in Vancouver for work next month, so I'm thinking that one of those days might be good." *Lisa S., September 9, 2009*

"As a busy individual with a lot on the go, I appreciated how quickly Chef Laura was able to accommodate my cooking request - within a week of contacting her I had a fridge and freezer full of ready-to-eat food. Laura worked to develop a menu plan that addressed both my vegan dietary choice and individual food preferences. While all the dishes were delicious, the kichadi is beyond amazing, and I will be requesting it again! Laura provided a fantastic timely service that delivered excellent vegan food, great convenience and flexibility, and a tidy kitchen to boot." *Dannica S., October 2010*

"As the end of my maternity leave grew closer, I worried how my family would cope with my going back to work. I was plagued by 'what's for dinner?' anxiety, and wondered how I would be able to spend quality time with my son while trying to cook dinner every day. Chef Laura's services were exactly what we needed to ease this transition. A well-stocked freezer of lovingly prepared, delicious and nutritious food put my mind at ease that at the end of the day my family would always be well fed." *Crystal & Ryan, and Liam, November 2010*