

The Good for You Gourmet 2019 PC Service Packages

Each Good For You Gourmet service package has a set fee based on time required to produce volume and variety of menu selected, plus GST, with grocery costs ranging from \$5-10/portion, based on the clients standards of quality, and the market cost of ingredients. On the day of service, Chef Laura arrives with armloads of fresh whole foods ingredients, and prepares clients menu in their home. The groceries are pre-paid by clients with either a Thrifty Shopping Card or store account; Visa Shopping Card; or cash. Service fee plus GST is invoiced on the day of service, and may be paid via cheque, interbank transfer or PayPal, and is due within 24 hour of service date. Clients may choose from the following service packages, or create a customized service plan to suit individual preferences.

Fresh In A Flash x 16 meals: \$239 plus 11.95 GST plus groceries based on menu (approx. \$140-165) Created for busy singles, students and independent seniors, this service provides a new selection of lunch and dinner meals every 3-6 weeks, based on rate of consumption. Choose any four entrées, casseroles, soups or stews, and Chef Laura will stock up your fridge and freezer with four servings of each for a total of sixteen delicious meals. Recommended every 3-6 weeks for a single adult, every 2-3 weeks for 2 adults, or once every 1-2 weeks for a family of 3-4.

Fresh in a Flash x 32 meals FEE: \$279 plus 13.96 GST plus groceries based on menu (approx. \$300-325). Designed for those with busy schedules, this service provides a great selection of wholesome entrées to have on hand. Choose any 4 entrées, casseroles, soups, stews or /chowders, and Chef Laura will make 8 servings of each for a total of 32 delicious servings Customize by adding one or two Salads selections to your menu selections with a added fee of \$15 plus GST, and grocery costs, for each new item.

Singles, Doubles & Seniors Service x 36 meals FEE: \$289 plus 14.45 GST, groceries based on menu (\$325-375 approx.) Choose any 3 entrées recipes from our menu of entrees, casseroles, soups or stews, and we will prepare 12 servings of each, for a total of 36 single servings. We package, label and refrigerate or freeze these items, according to you preferences. Simply thaw and reheat the entrée, and enjoy!

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Meals in Minutes Service x 48 meals FEE: \$329 plus 16.45 GST, plus groceries based on menu (\$384-480 approx.) For those with busy schedules, this volume service provides our most cost efficient option. Provides a greater variety of wholesome entrées on hand, for quick and easy heat & eat meals in minutes! Choose any 4 entrées, casseroles, soups or stews from our menu, and we will prepare 12 servings of each for a total of 48 servings, made to your families exacting preferences and ready when you are.

Mini Meals In Minutes x 24 meals: \$259 plus 12.95 GST plus groceries based on menu (approx. \$250-275). Designed for those with busy schedules, this service provides a great selection of wholesome entrées to have on hand. Choose any 3 entrées, casseroles, soups, stews or /chowders, and Che Laura will make 8 servings of each for a total of 24 delicious servings

ADD to your service:

Pantry Items: sometimes clients want specific breakfast and snack items picked up for their household, and since GFYG Chef Laura is out shopping for them already, its a small matter to add on a "Pantry Items' shopping list, consisting of clients specific grocery requests. For a small surcharge of \$9.95 plus GST, (to pick up extra items from stores we are already shopping at), or \$19.95 plus GST (to make a special run to an in-town store), Chef Laura will use your grocery funds to buy these items on your behalf, saving you time and effort, and ensuring you have the breakfast and snack items you want, and need, on hand!

Salad(s): add on one or several Salad selections to any of our service plans, for a surcharge of \$12-15/per salad selection, (for four, to eight servings) plus GST, and grocery costs.

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Customized Service Do you have your own ideas about how you would like your service to look? No problem! We offer the option of creating your own customized service, where you can design a package to suit your vision and budget. We can take care of all your mealtime requirements (breakfast, lunch and dinner), so you barely need to lift a finger. For families with special dietary needs, such as gluten or lactose intolerance, we will work with you to create a customized service. Fees for custom services vary based on requirements to provide the service. Grocery costs will vary for each service, and are reimbursed on service date, in addition to the grocery costs, in cash.

Give Chef Laura a call if you have any questions: 250.514.1544

