

ChefinHeelz Catering & Personal Chef Services

New Meal Prep Client Assessment

Thank you for your interest in ChefinHeelz to be your personal chef. My name is Ashonti Harris and I am the Chef & creator of ChefinHeelz. I look forward to walking along with you on this journey to a fit, healthier and rewarding lifestyle and YOU! First before we can start this journey I would like to know a little about you, I mean that is why we're here right? I want to know everything about you, what you like, what you don't like, what interest you, where your travels take you. With all of this I will be able to put together some fabulous and truly unique meals totally customized for you! So here we go!

Are you interested in my protein shakes weekly? Yes__ No __
Do you have a blender/nutri-bullet? Yes__ No __

- Your Name: _____
- Social Media Names: _____
- Email Address: _____
- Phone Number: _____
- Do you have any food allergies? _____

-
- Do you have any health conditions or dietary needs I should be aware of?

- Do you have any weight management goals your working towards?

- What is your favorite food and ingredients? _____

- Do you dislike any foods? _____

- What did you eat for dinner last week? _____

-
- Do you prefer hearty or controlled portions? _____
 - Do you enjoy a specific cuisine? _____
 - Are you sensitive to spice? _____ Scale 1-10 _____
 - Do you prefer organic food? Yes ____ No ____

**organic fresh produce, meats/poultry & foods may add to your grocery bill*

- How do you prefer your meals prepared? Individually or Family style?

- What type of service meals are you seeking, and how often?

- Are you on a specific diet? (Atkins, south beach, low sodium, etc)

- Are there any health issues you want to correct with your eating?

Type of meal: (check all that apply)

- Protein/Veggie/Starch
- Protein/Veggie
- Vegetarian
- Protein Shakes/Juice
- Soup/Salad
- Dessert/appetizers

Service Details

We deliver on Sundays between 2pm-5pm.

New menu's will be presented Sunday evening.

Menu choices should be in by Friday at 10pm.

Payments are due Friday evening with your menu choice.

All payments must be made in advance to secure your weekly orders.

Prices (due at time of placing order)

\$125 weekly - 1 Person (10 meals)

\$225 weekly – 2 People (20 meals)

\$265 weekly – 2 People (25 meals + kid snack cooler box for kid)

+ Each child \$35

There is a \$35 one-time fee for your containers. Do you agree to this price?

Yes___ No ___

Personal Chef Meal Prep \$100 an hour

You buy the groceries and Chef comes over, raids your pantry and creates multiple creation, cleans up and leaves your fridge full!

- Would you like to me to prepare them at my house or yours? _____
- What time on Sunday is best for me to drop-off your meals? _____
- If interested in home meal prep, what day and time is best for me to cook?

- What would you hope to get out of having me as your personal chef

- May I email or text you the meal plan menus to be approved? Yes__ No __
- If so please put down best contact number/email address:

We look forward to gracing your kitchen and helping improve your quality of life...
Until then.

Chow,
Chef Ashonti
972-513-5650
www.chefinheelz.com
chefinheelz@gmail.com
www.facebook.com/Thechefinheelz
www.instagram.com/Chefinheelz