

# Frank's Finest, LLC

## Personal Chef Services



### **Too busy to cook for yourself?**

If you answered yes to the question above, then you are in luck! Invite Chef Frank Giglio into your kitchen to produce high quality, nourishing meals featuring fresh, seasonal foods. Chef Franky G is a classically trained chef that has a wide range of experience in the culinary field.

### **Programs**

#### ***Food for 3 Days Pickup***

I provide the menu, do the cooking, and you come pick it up at a central location. Includes 3 breakfast, 3 lunch, and 2 dinners Investment-\$275

#### ***In House Chef***

After creating a menu, I will do the all the grocery shopping for you. I will prepare and appropriately store all the meals created and provide reheating or cooking instructions. Investment-\$60 per hour plus food costs.

#### ***Private Dinner Parties***

Enjoy a restaurant quality meal in the comforts of your home. menu designed to your needs. 3-6 courses. Price dependant on the menu and amount of people.

#### ***Cooking class w/ Kids***

Fun, kid friendly recipes to get your children involved in the kitchen.

**CONTACT:** Frank Giglio -207-400-0595 -franksfinest@gmail.com

### **Sevices include:**

- Menu Planning
- Shopping
- Food Prep and Cooking
- Packaging
- Recipes
- Cooking/Reheating Instruction
- Clean up

### **Experience w/**

- Vegetarian/Vegan
- Raw Foods Diet
- Wild and GrassFed meats and fish
- Paleo lifestyle
- Primal lifestyle

FrankGiglio.com