



*Delicious Meals  
made from Scratch!*



*Additional Services:*

*Household Cleaning.*

*Meal Preparation  
and Delivery Service.*

*Chauffeur.*

*Hair and Nail Salon Services.*

*Laundry and Ironing.*

*Secretarial Services.*

*Massage Therapy.*

*Pet and House Sitting.*

For information and  
personal menu consultation,  
call Wendy at  
941-358-8938

*We strive to ensure that superior standards  
are always our primary focus and goal.  
We uphold the highest levels  
of integrity and service.*

Serving Sarasota, Bradenton and Venice.

*Personal  
Concierge  
Meal Preparation*

We provide fresh delicious meals that suit your personal taste and we work with your physician to customize your diet.

*Does the thought of planning, shopping, cooking and cleaning up after yet another meal fill you with dread?*

Is take-out too expensive and not healthy?

Do you need more time in your day?

## **THEN..... YOU NEED US!**

Personal concierge will help you **gain time** to spend with family and friends. Our services will give you the extra hours in the day that you were hoping for, so

- Play that extra round of golf....
- Go to the gym...
- Take time for yourself, enjoy life...

**Spend more time doing what you love...  
and less time in the kitchen!**

We deliver fresh wholesome meals right to your door, you'll feel comfortable knowing that you and your family will enjoy nutritious hassle-free cuisine when you get home.

### **We also provide:**

**Low Sodium Meals.** Enjoy delicious low sodium meals seasoned with herbs and spices instead of salt.

**Weight Loss Meals** to lose weight without giving up the fine dining experience.

**Healthy Meals** for those who don't consider yourselves on a diet, but like to watch what you eat.

**Low Carb Meals** that are full of flavor and low on carbs!

**Vegetarian Meals.** Delicious chef prepared meals for the vegetarian lifestyle.

### **For Optimum Freshness-**

Meals are delivered Monday, Wednesday & Friday.

### **Basic Package-**

Includes five main courses plus soup, salads, bread and desserts - all ready to eat or heat.

### **Each Chef Prepared Meal-**

is made from the freshest quality ingredients – delivered right to your door!

*The service we  
provide is for you to have time to  
enjoy your life.*

