



Keeping Your 2011 Resolution To Eat Well



STEPHANIE HOPKINS
CERTIFIED PERSONAL CHEF

cooking, packaging and clean up for you, leaving a kitchen that smells great and a refrigerator and freezer full of delicious, home-made meals. Stephanie does all the cooking in your home, bringing all the supplies and equipment needed to prepare your pre-approved, customized menu with her. She uses fresh ingredients purchased on the cook day, and prepares meals based on each client's tastes and dietary needs. Stephanie has experience preparing meals for low-fat, low-sodium, and low-sugar diets as well as South Beach, Weight Watchers, GenoType and other diet plans.

Imagine coming home from work and having a meal waiting for you that has been made with delicious ingredients following your diet plan, perfectly portioned



and ready to eat within minutes. Sounds much better than having to run to the grocery store, wait in line to pay, come home, start preparing the ingredients, cooking, and then finally being able to eat. With Cutting Board Creations, you'll have time after work to relax, enjoy your meal, and get to your workout as well! You'll be able to brag to your friends the next day about the fantastic meal you enjoyed.

There are so many advantages that come with your customized Personal Chef package. You get the convenience of several weeks' worth of scrumptious, nutritious meals prepared in your home without any of the hassles associated with shopping, cooking, or cleaning up.

Say "I love you" with a **Gift Certificate**

To _____
From _____
Amount \$ _____

CUTTING BOARD CREATIONS, LLC
(609) 841-8567
www.cuttingboardcreations.com

Stephanie was professionally trained at the Culinary Business Academy, is a Certified Personal Chef, and a Certified Food Safety Manager. For more information on our services or Gift Certificates, references, and fees, contact Cutting Board Creations, LLC today.

Let us design a menu to custom fit your family.

Remember that each menu is customized to meet your needs. Perhaps you are looking for breakfast? Maybe a special dessert? No problem. Also, we won't repeat a menu option for at least six months, unless you want us to! Have a favorite family recipe? If you're willing to share it with us, we'll be happy to make it!

Chances are you've made a resolution for 2011 that includes eating more healthfully and/or losing weight.

Chances are also very good that by the time you read this, your resolution has already been broken.

Following a healthy eating plan takes effort and time – two very precious commodities that many don't have in reserve. A personal chef, however, can provide you with a refrigerator full of delicious meals that are ready within moments, giving you both healthy meals and spare time.

Stephanie Hopkins, owner of Cutting Board Creations, LLC will take care of all the menu planning, grocery shopping,

HERE IS WHAT STEPHANIE'S CLIENTS ARE SAYING:

We have no idea how you make so many wonderful meals in a single day, but we are sure glad you do!

Chef Steph has provided me with varied menus of gourmet foods, which are healthy and easy to serve. The quality of the food surpasses any 5 star restaurants in the county.

We have lost 20 pounds and are saving money on groceries we used to throw away due to our busy lifestyle.

I love opening the refrigerator after Stephanie has been in. The meals are amazing and the smell in the kitchen is wonderful.

Today's demanding careers and hectic family schedules place a premium on your free time.

Why spend it planning meals, shopping, and cooking?

Just imagine...

- Having your next dinner party be completely stress free.
- Being able to spend time with your family and friends instead of cooking and cleaning up.
- Having gourmet, restaurant quality meals prepared for you in your own home.
- Having delicious and healthy meals any night you wish without the headache of planning, preparing or cleanup.
- Having more time to spend with friends and family, enjoying meals rather than being stressed about getting food on the table.



Cutting Board Creations LLC
Personal Chef Service

**In Your Kitchen for a Day -
Your Dinner Worries Melt Away!**

**Celebrating 8 Years of
Delighting our Clients!**

www.cuttingboardcreations.com
chefsteph@cuttingboardcreations.com

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Stephanie Hopkins
Certified Personal Chef