



Custom Cuisine Personal Chef Service

Do you know what you are having for dinner tonight? Are you tired of dining out or eating fast food? Are you too tired to cook? Or maybe you are too busy to cook? Are you on a special diet? Are you trying to gain or lose weight? Do you know someone who needs help with their meals such as your aging parent or someone who is too ill to cook?

Custom Cuisine offers a large variety of healthful, mouth-watering dishes using fresh, top quality meats, poultry, fish and vegetables. The entrees and side dishes are delivered to you packaged, labeled, and with food handling instructions. The meals can be stored in your refrigerator and freezer for your dining convenience. All you have to do is heat them up. Most have a very short heat to eat time of 2 - 3 minutes in the microwave!

Custom Cuisine, serving San Diego since 1997, was founded by **Vonnie Coover-Stone, RN** who wanted to combine her passion for cooking with her experience and background in healthcare. The outcome was Custom Cuisine, a personal chef service that caters to people's discriminating palates and their special dietary needs.

"I know the importance of eating a healthy diet and have seen the results and consequences when people do not," says Vonnie.

Customized meals are prepared for clients, taking into consideration the person's dietary preferences and any medical limitations. One of Vonnie's specialties is flavorful and delicious low-fat, low-salt meals. "When people eat out, they don't have control over what they eat. Often what they think is healthy may not be."

Vonnie takes special care to find out her clients' favorite tastes, likes, dislikes, dietary needs and even preference for portion size. In addition, she is happy to work with you, your dietician, trainer, and/or healthcare provider to create meals that work for you and meet your goals.

As one customer says, "I feel so much better now that I am eating healthier." And another, "Just reading the menu makes my mouth water."

For more information, contact Vonnie at 619-275-4222 or meals4you@ccuisine.com or visit the website at www.ccuisine.com

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