



Is it worth hiring a Personal Chef?

**What's your time worth? How do you spend your food dollars?
Calculate the costs and see for yourself!**

How much time do you spend on Weeknight Dinners?

How often do you stop at the grocery store?

Time spent grocery shopping, including travel time to and from

Hours per week:

How much time do you spend eating out?

Time spent traveling to restaurant, waiting for table, eating dinner, and returning home.

How much time do you spend picking up takeout?

Time spent traveling to restaurant, ordering, waiting, paying and returning home.

How much time do you spend waiting for delivery?

Time spent waiting on phone, ordering, and waiting for food to arrive.

How much time do you spend preparing dinner for your family?

How long does it take from start to finish?

How much time do you spend cleaning up after dinner?

Time spent washing pots and pans, putting everything away. Hours per week:

Total

Value of Your Time Per Week (\$):

Now calculate your weekly dollar costs:

How much do you spend on groceries for dinners? >>>

How much do you spend eating dinner in restaurants? >>>

How much do you spend buying takeout for dinner? >>>

How much do you spend on delivered meals for dinner? >>>

Grocery store total: \$

Meals, tax, tips: \$

Food & tax: \$

Food, delivery, tax, tip: \$

Weekly Total: \$ _____ >>>

Weekly Cost/Person: \$

The Abel Chef Service Costs:

Your Time: Menu Approval = 10 min. + Heating Meals (hands-on time) = 5 min/day + Cleanup = 2 min/day (disposable containers) =

Total Time = Less than 1 hr/wk!

Cost Per Person, Per Meal = \$14.00 to \$17.50* + Cost Per Person/Week (weekday meals) = \$70.00 to \$87.50*
* (depending on family size and needs)

Is It Worth It? Absolutely!

With The Abel Chef, you're eating healthy, well-balanced meals, **NOT take-out pizza** -- PLUS you have all that extra time!