

WHAT TO EXPECT ON YOUR FIRST COOK DAY

Welcome to Your Personal Chef Experience
Become A Personal Chef™ Resource Library

SECTION 1 — Arrival & Setup

- Your chef will arrive between [time range]
- We'll unpack groceries, sanitize surfaces, and set up work zones
- Please ensure counters and sinks are clear

SECTION 2 — How Long It Will Take

A typical cook day lasts 3–5 hours, depending on:

- Number of meals
- Complexity of dishes
- Kitchen setup
- Client-specific dietary needs

SECTION 3 — Your Role During Cook Day

You're welcome to be home or out — either works.

We ask that you:

- Avoid major kitchen use
- Keep pets out of the workspace
- Limit foot traffic through the kitchen
- Provide any last-minute clarifications

via text

SECTION 4 — What's Getting Cooked Today

Your customized menu will include:

- Entrées
- Sides
- Labelled containers
- Reheat instructions

(Exactly what your chef cooks is based on your approved menu.)

SECTION 5 — Cleanup

At the end of the session your chef will:

- Clean the kitchen
- Wipe surfaces
- Take out trash (if needed)
- Label all meals
- Leave your fridge spotless

SECTION 6 — After Your Chef Leaves

You'll receive a:

- "Cook Day Complete" text
- Summary of meals prepared
- Note about ingredients or items running low