



Gourmet Meals Done Your Way What's Your Time Worth?

How Do You Spend Your Food Dollars?
Calculate the Cost and See For Yourself!

Where Do You Spend Your Time?

- * How often do you stop at the grocery store? Enter hours per week: _____
How much time do you spend there?
- * How much time do you spend eating out? Enter hours per week: _____
Time spent traveling to restaurant, waiting for table, eating dinner, and returning home.
- * How much time waiting to pick up takeout? Enter hours per week: _____
Time spent traveling to & from restaurant/Drive -thru, ordering, waiting & paying.
- * How much time do you spend on phone ordered food? Enter hours per week: _____
Time spent waiting on phone, ordering, and waiting for food to arrive.
- * How much time do you spend preparing dinner for your family? Enter hours per week: _____
From start to finish how does it take to make dinner?
- * How much time do you spend cleaning up after dinner? Enter hours per week: _____
Time spent clearing dishes, washing, and putting everything away.
- Total Weekly Hours:** _____
Value of Your Time per Week (\$): _____

Calculate Your Dollar Costs:

- * Weekly dinner grocery cost: \$ _____, Divide by # in household: \$ _____ /Person
- * Weekly restaurant cost: \$ _____, Divide by # in household: \$ _____ /Person
- * Weekly takeout/drive-thru cost: \$ _____, Divide by # in household: \$ _____ /Person
- * Weekly phone order cost: \$ _____, Divide by # in household: \$ _____ /Person
- Total Weekly Cost:** \$ _____, Divide by # in household: \$ _____ /Person
- *** How much are you spending in gasoline to bring dinner to the table? \$ _____

The Cost of Cosmopolitan Delights LLC Personal Chef Service:

*Menu Approval: 5 minutes, * Heating Food: 15 to 30 minutes per day, *Eating: 10+ minutes per day, * Cleanup: 2 to 10 minutes per day (Disposable + any dishes), * Total time: 25 to 40 minutes per day, less than 4 hours per week. * Cost per Person/Meal: \$13.25 per meal for a 20-Meal Service (\$265.00) + cost of the food.

You're eating the types of foods you want, prepared to meet your dietary guidelines, it's convenient, you're saving time and don't forget gas. Is it worth it? Absolutely! Give Chef Terry a call today!

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**Member of the United States Personal Chefs Association **