



Is Home Chef cheaper than buying at the grocery store? Do you know that cooking with Home Chef was, on average, 65% is less expensive than shopping for the same ingredients at the supermarket, including shipping?

My cooking is customized according to your own food regime; this is what I do with passion and care for the well-being of my clients. I structure a menu according to your liking because nutrition and tastes are unique to each individual. I review a questionnaire carefully prepared for you to make sure I take into consideration everything I need to know about your eating habits and personalized food list.

Here is an example of a PERSONALIZED WEEKLY MENU for diabetics

Chef includes for you 2 hours for grocery shopping in order to buy quality food and produces at the best pricing + 6 hours of food preparation. \$387.00 / weekly package + food grocery according to the client's budget.

Breakfast: Coffee to start in the morning with a dash of heavy cream and stevia, if you desire!

- Cottage cheese and berries with seeds and coconut shaves
- Greek Yogurt and berries chutney with roasted almonds
- Gluten-free sugar-free Whole Fiber Blueberry Muffin

SMOOTHIES ready-to-blend

- Chocolate – Peanut Butter – Banana Shake
- Brain Food Super Delicious Berries and Seeds Smoothies

Snacks with a cup of Green Tea or

a glass of water with 2 tbsp of Apple Cider Vinegar

- Tzatziki and celery-cucumber
- Roasted Nuts
- Cheese sticks and whole-wheat crackers
- Trail mix (vegan bacon coconut, roasted pecan, roasted almonds, sugar-free dark chocolate and a little spice)

Lunch

- Pomegranate – Feta – Kale – Roasted Almonds and Tangerine Salad
- Mozzarella Slices – Grilled Vegetables / Arugula
- Hearty Low-Carb Chicken – Wild Rice - Vegetable Soup...You can eat anytime!
- Frittata- Flat Spanish Omelette (egg whites, spinach, broccoli, feta, onion), grilled eggplants and asparagus
- Oven-Baked Shrimp Cajun Style – Broccoli (garlic, Cajun spices, olive oil, butter, parsley)

5 meals

- Roasted Chicken à la Persillade (garlic and parsley, olive oil), cauliflower rice and broccoli
- Thai Grilled Salmon (ginger, garlic, cilantro, sesame oil), Quinoa with Sautéed Vegetables
- Provencal Sautéed Tofu and Fried Onion, grilled Portobello and pepper
- Frittata- Flat Spanish Omelette (egg whites, spinach, broccoli, feta, onion), grilled eggplants and asparagus
- Cheesy Italian Meatballs, cauliflower rice and spinach Florentine

5 desserts

- Energy Balls (nut butter, coconut flour, seeds, roasted nuts and sugar-free chocolate chips, oats, chia and cocoa powder)
- Fruit salad enhanced with Moroccan Spices
- Chocolate Chia and Flax Pudding
- Chef Marie's Cookies
- CHOCO-BIJOUX, a special chocolate treat from the Chef

EXTRA TIPS My recommendations on health nutrition to my client.

11 Foods to Avoid

- Sugar-Sweetened Beverages. Sugary beverages are the worst drink choices for someone with diabetes
- Trans Fats
- White Bread, Pasta and Rice
- Fruit-Flavored Yogurt
- Sweetened Breakfast Cereals
- Flavored Coffee Drinks
- Honey, Agave Nectar and Maple Syrup
- Dried Fruit
- Packages Snack Foods
- French Fries

The goal should include staying away from unhealthy fats, liquid sugars, processed grains and other foods that contain refined carbs.

What type of fruit juice? You can go with an unsweetened 100% fruit juice. The best alternative is to go with a glass of water and a wedge of lemon and prioritize a healthy snack during a hypoglycemic peek.

The American Diabetes Association lists these as the top options:

- Plant-based proteins such as beans, nuts, seeds, or tofu
- Fish and seafood
- Chicken and other poultry (Choose the breast meat if possible)
- Eggs and low-fat dairy
- Hard-Boiled Eggs. Hard-boiled eggs are a super healthy snack
- Yogurt with Berries
- Handful of Almonds
- Veggies and Hummus
- Avocado
- Sliced Apples with Peanut Butter (or any other type of nut butter)
- Beef Sticks
- Roasted Chickpeas

What are good carbs to eat?

Speaking of fruit, berries (think: blueberries, strawberries, and raspberries) are an ideal fruit for people with diabetes because they tend to be lower in sugar and carbohydrates compared with other fruits. One of the best berries to eat are raspberries.

Here are 7 breakfast ideas to help you stay healthy and get on with your day:

- Breakfast Shake
- Muffin Parfait
- Whole-Grain Cereal
- Scrambled Eggs and Toast
- Breakfast Burrito
- Bagel Thins With Nut Butter
- Almonds and Fruit

Try one the following healthful snacks before bed to help manage blood sugar levels and satisfy nighttime hunger:

- A handful of nuts
- A hard-boiled egg
- Low-fat cheese and whole-wheat crackers
- Baby carrots, cherry tomatoes, or cucumber slices
- Celery sticks with hummus
- Air-popped popcorn
- Roasted chickpeas

Can drinking a lot of water lower your blood sugar?

Drinking extra water will not dilute your blood sugar levels if you are already fully hydrated. However, being dehydrated can cause blood sugars to concentrate and subsequently rise. Drinking water can lower blood sugar levels by diluting the amount of glucose (sugar) in the blood stream.

What foods don't raise blood sugar?

But there are things you can eat and drink that have a low Glycemic Index (GI). This means these foods won't raise your blood sugar and may help you avoid a blood sugar spike.

- Leafy greens like spinach, kale, and chard
- spinach
- lettuce
- collards
- turnip greens
- kale
- Swiss chard
-

What can I eat when my blood sugar is high?

Here are 7 foods that can help keep your blood sugar in check and make you happy and healthy to boot.

- Raw, Cooked, or Roasted Vegetables. These add color, flavor, and texture to a meal
- Greens
- Flavorful, Low-calorie Drinks
- Melon or Berries
- Whole-grain, Higher-fiber Foods
- A Little Fat
- Protein
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Here are 15 easy ways to lower blood sugar levels naturally:

- Exercise Regularly
- Control Your Carbs Intake
- Increase Your Fiber Intake
- Drink Water and Stay Hydrated
- Implement Portion Control
- Choose Foods With a Low Hypoglycemic Index
- Control Stress Levels
- Monitor Your Blood Sugar Levels

Tomatoes?

Like other non-starchy fruits, tomatoes have a low GI ranking. One study in 2011 found that 200 grams of raw tomato (or about 1.5 medium tomatoes) each day reduced blood pressure in people with type 2 diabetes.

Is yogurt OK?

Yogurt can be a great nutrient-dense breakfast option or an easy snack. If unsweetened and Greek-style, it's low in carbohydrates and high in protein. This means it won't cause blood sugar spikes in people with diabetes, like other sources of carbohydrates.

What type of bread?

The good news is that most people can eat bread unless a doctor advises otherwise. However, it should be the right kind of bread. Whole-grain breads with high-fiber ingredients, such as oats and bran, are usually the best option for people with diabetes.

MCHEF® offers you the following possibilities:

- Fresh quality products at all times
- Culinary preparation at home or business
- Wine & Food pairing suggestion according to your budget
- Basic kitchen cleaning at the end of the reception
- Gourmet Gifts for all guests
- Guaranteed success of your event
- Chef Marie brings her equipment.
- Dishes and Rentals are not provided but we accompany you with the rental list.
- The event is a 5 hour-service.
- \$150.00/hour is charged for each additional hour (no partial hours).
- Waiters, Mixologist or Sommelier are extra costs and are not included in the service. For service below 6 guests, 1 waiter is required. For service between 8 to 12 guests, 2 waiters are required. For a service over 13 guests, it may vary from 3 to 5 waiters depending on the nature of the service and the event.
- All services are payable to MCHEF LLC. by cash, check, credit card (extra charge of 3%) or by PayPal (3%).
- Travel costs may apply if the location of the service is more than 30 minutes away from zip code 89123.
- Gratuity is at the discretion of the client.

NEW CHEF IN LAS VEGAS

Chef Marie is a French Canadian Chef on a mission since 1996 in making the cooking experience a fun event for the pleasure of taste buds: colors, flavors, sprinkles with an entertaining culinary event at the “**Rendez-Vous**”! Chef Marie has developed a line of organic filler-free allergy-free herbs and spices. Chef Marie is an R&D expert specialized in allergens, a cookbook author, an international show guest, a conference speaker and a recent host of her podcast titled MCHEF® Burst of Flavors

Here is the description of my enterprise:

MCHEF LLC.

www.mchef.com

Since 1999, Chef Marie-Dominique Rail has been involved in Montreal's French cuisine and restaurants. She also composes music for the piano and offers to play at culinary events and in your home as part of the MCHEF® gastronomic experience. Her culinary style is traditional French cuisine combining Mediterranean and Middle Eastern perfumes. Her cuisine is a burst of flavors! MCHEF® invites you to live a unique gastronomic and musical experience!



Chef Marie-Dominique Rail offers In-home personalized catering services: 5 to 8 Course Signature Gourmet Events, 4 Course Gourmet Buffet, Cocktail Dîatoire and Cooking Demonstrations. Newly introduced is MCHEF mobile, the perfect portable kitchen for the business environment capable of preparing Express 3-5 Course Meals and Cocktail Dîatoire for meetings and corporate events. In addition, gourmet gifts are offered to each of your guests as part of a MCHEF© event. MCHEF© invites you to live a unique gastronomical and musical experience!

CHOCO-BIJOUX are offered to each guest as gourmet gifts just for the souvenir of this special event gathered with your colleagues, your friends!