

“Hi Ted, I just wanted to let you know that we've had one of each of the 5 meals and we are really happy with them; everything has been great!”



Ted Can Cook Too! LLC
www.TedCanCook.com

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732-239-3014

Don't know
what's for
dinner?



Your problem is solved...



Chef Ted Kanterman

Healthy Meals for Demanding Lifestyles



732-239-3014 TedCanCook.com

Convenient, Healthy, Affordable, Time-Saving Six-Step Program

1. **CONSULTATION** - I meet with you and fill out a detailed food questionnaire to determine your food preferences and any restrictions or allergies.
2. **MENU** - I design a menu fitting *YOUR* preferences. Recipes customized down to the ingredient level! The menu will consist of enough food for two people for two weeks!
3. **SCHEDULE** - We choose a convenient day to prepare your customized menu.
4. **COOK!** - Chef Ted does all the shopping, brings all the utensils, prepares and packages your meals, and cleans up!
5. **EAT & ENJOY!** - Your fridge now contains a variety of tasty, customized, gourmet-style meals. The hard part - deciding what to eat!
6. **REPEAT!** - Repeat from Step 2.

- No planning!
- No shopping!
- No cooking!
- No cleanup!
- No dishes!
- **NO BRAINER!**

Also available...

Private Dinner Parties, Interactive Dinner Parties, Special Diets, Cooking Classes, Team Building Exercises, Fundraisers

Quashing Your Culinary Quandaries Through Great Food, Great Service AND Great Fun!