



## PERSONAL HEALTHY DIET PLAN

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*\*The information provided here is based on my own personal research and weight loss success. Please consult your physician, personal trainer or other health professionals for guidance before you begin any serious weight-loss regimen – I am always pleased to work with these professionals to design your personal menu plan. Here's to your health!*



## Personal Healthy Diet Plan

**Healthy Meals for a Leaner Body** | Without the hassle of cooking. By using my Healthy Diet Plan service, I can help make reaching your goals easier. No more worries or wasted time in putting your meals together. They'll be packaged the way you like, customized to your tastes, and designed to meet your dietary needs. No shopping, clean-up or pots and pans to think about. Just open the fridge and you're ready to go.

**Eat 'Slow'** | The Slow Foods Movement has done wonders to raise awareness about eating healthy. A 'slow food' is one which has not traveled very far to get to your table. In short, Buy Local. By supporting our local farmer's markets, we support a thriving local economy while putting better nutrition on our tables. These foods have not been modified or 'pumped up' with not-so-nice things that help them travel better. When you buy local, you eat as nature intended.

**How The Service Works** | *There are just a few simple steps*

**STEP ONE** | We have an informal meeting to discuss your reasons for hiring a personal chef, and your requirements and expectations. We will discuss your desired frequency of service, your dietary needs and goals, and then you will be asked to complete a detailed food questionnaire so I know what your favorite foods are and how you like them prepared. I can also consult with your personal trainer or physician to make sure we're all on the same page when it comes to your health. I will then design a menu for your first service, and await your approval.

**STEP TWO** | Once you have made any changes and approved your menu, the next step will be payment of the service fee as we book your first cooking day. I will then shop for your ingredients on the morning of your service and arrive at your home, ingredients in tow, and proceed to prepare your meals for you. You are welcome to hang out in the kitchen for sampling, or if you prefer, have me cook while you are at work. I will leave your meals packaged and stored according to your instruction, and leave you with a menu, simple warming instruction and the aromas of freshly prepared food.

**STEP THREE** | Open your refrigerator, take out the meals you would like for the day, warm and enjoy. Payment arrangements can be set up in weekly or monthly increments, according to your schedule.



## The Big Secret

*What you need to know about your diet to stay lean, healthy and energized*

### When To Eat For Maximum Benefit

Studies have proven that eating 5 or 6 small meals, evenly spaced throughout the day, can improve your metabolism and your body's fat-burning capabilities. So instead of 3 large meals, you'll enjoy 3 smaller sized meals and 3 snacks, timed fairly evenly over the course of your day. Your metabolism will become far more efficient if it has less work to do more frequently, rather than having to work very hard all at once.

Certain foods can help to kick-start your fat-burning machine.

Every meal or snack should include at least a couple of these food groups:

**Nuts** | *almonds, cashews, all-natural peanut butter, etc.*

- Builds muscle, fills you up, fights heart disease and high blood pressure
- The beneficial fats in nuts are also available in avocados, pumpkin seeds and sunflower seeds
- Stay away from salted and smoked nuts (loaded with sugar) and nut butters loaded with sugar and trans-fats

#### Where To Fit Them In:

- Add nuts to your salads, oatmeal or yogurt
- Try walnuts or almonds in chicken salad

**Beans** | *all kinds of beans, lentils, edamame, peas, hummus*

- Helps your body burn fat, fights against obesity, regulates digestion and fights colon cancer
- Stay away from refried beans (loaded with fat), and baked beans (that's a lot of sugar)

#### Where To Fit Them In:

- Black bean salsa is yummy on just about everything – add avocados for extra fat-burning and nutritional kick
- Hummus with a slice of whole-wheat bread and some raw veggies makes a terrific snack

**Greens** | *lettuce, spinach, baby salad greens called 'mesclun'*

- Neutralizes free radicals to ramp up your body's anti-aging powers

#### Where To Fit Them In:

- Have at least one salad a day or munch on raw veggies (skip the fatty dip, though)



**Dairy** | *low-fat or fat-free milk, cheese and yogurt*

- Fights obesity and osteoporosis, builds strong bones

**Where To Fit Them In:**

- Throw cubes of cheese into your salads
- Bring low-fat plain yogurt to work and add fresh fruit and nuts for a great snack

**Oatmeal** | *use the 'instant' variety to save time, but avoid the flavored ones (you're better off jazzing up the taste yourself)*

- Boosts energy, lowers cholesterol, maintains blood sugar levels – high-fiber cereals are a great alternative
- Watch out for flavored varieties and cereals with high-fructose corn syrup and other sugars

**Where To Fit It In:**

- Adding oatmeal to your smoothies provides bulk, keeps you full and energized

**Eggs** | *protein, protein, protein.... they aren't just for breakfast anymore*

- Builds muscle, burns fat, loaded with vitamins A and B
- Studies show 1 or 2 eggs per day will not increase cholesterol levels, and the protein in eggs is more effective in building muscle than any other protein

**Where To Fit Them In:**

- Hard-cooked eggs are great in salads, and of course eggs cooked in many ways make a great breakfast

**Lean Meats** | *chicken, turkey, fish, lean steaks*

- Builds muscle, strengthens the immune system
- Go for lean chicken breasts, Canadian bacon, turkey sandwiches on whole-wheat, chicken salad with low-fat mayo...
- Look out for fatty steaks, sausage, bacon, other cured meats, deep-fried foods

**Where To Fit Them In:**

- Just about any meal or snack is a great place for lean protein.
- Talk to your trainer about your personal protein needs and go for a targeted amount - usually 1 gram per pound of body weight per day

**Olive Oil** | *yes, it's true what they say about the Mediterranean diet – this is the good stuff*

- Lowers cholesterol, powers immune system, fights cancer, obesity and high blood pressure
- Also good: canola, peanut and sesame oils

**Where To Fit It In:**

- Cooking, salad dressings
- Drizzle a few drops of extra-virgin olive oil on your finished pastas and vegetables



### **Whole Grains** | *bread and cereal*

- Prevents your body from storing fat, fights high blood pressure, obesity, cancer and heart disease
- Your body needs healthy carbs – the key is eating the ones that are the least processed and un-refined
- Be Careful! Read labels – just because a label says ‘whole wheat’ doesn’t mean this is so – look at the ingredients

#### **Where To Fit Them In:**

- Whole-wheat breads that are truly whole-wheat make the best sandwiches
- Grains like barley, quinoa, amaranth and farro are wonderful side dishes
- Whole-wheat pastas have tremendous flavor; you just need to find the right ones, or, even better, eat my home-made pastas

### **Whey Protein** | *your pre-workout sidekick*

- Builds muscle, burns fat
- Avoid soy protein, which does nothing to build muscle

#### **Where To Fit It In:**

- Smoothies... add a scoop of your favorite powder to your next shake
- Ricotta cheese is made from whey, and is a great substitute for the powder

### **Berries** | *loaded with antioxidants, bioflavonoids and pycnogenols, protects your heart, improves eyesight, balance and coordination*

- Avoid the fruit jams and jellies that are packed with sugar

#### **Where To Fit Them In:**

- Snacks, salads, smoothies
- All fruits are a great sidekick, especially apples and grapefruit

### **The Importance of Weight Training**

*Muscle eats fat. If you add 1 pound of lean muscle mass to your body, you'll burn up to an additional 50 calories per day just to keep the muscle alive. Add 6 pounds of muscle, and you'll burn up to 300 more calories each day just by sitting still. Muscle is the key component to a speedy metabolism. While you'll burn more calories during cardio than you do during weight training, what you need to look at is the magical effect of weight lifting: the afterburn. When researchers looked at the metabolic increases after exercise, they found that the increased metabolic effect of aerobics lasted only 30 to 60 minutes. The effects of weight training lasted as long as 48 hours – that's 48 hours during which the body is burning additional fat. Weight training builds muscle, muscle eats calories and burns fat. And by eating those 6 small meals evenly spaced throughout the day, you give your body the fuel to keep your metabolic rate steady. In short, your body becomes a fat-burning machine. Those steady calories keep your muscles in a constant state of build-up, as muscle tissue repairs itself. Steady eating = steady muscle building = steady calorie burn = a healthy and better-feeling you.*



## Sample Daily Menu

### Breakfast

Oatmeal with honey, cinnamon, apples and raisins  
Home-made turkey sausage  
1% or fat-free milk



### Morning Snack

Strawberry yogurt smoothie with whey protein



### Lunch

Grilled chicken salad with baby greens, cherry tomatoes, peppers,  
almonds, flax seeds and clementines, sesame-tamari vinaigrette  
Whole-grain bread



### Afternoon Snack

Vegetable crudité's with dill yogurt for dipping  
Low-fat ice cream



### Dinner

Roasted fillet of wild salmon with lemon vinaigrette  
Gratin of yellow squash, zucchini and eggplant  
Garlic spinach  
Brown rice pilaf



### Evening Snack

Fresh melon  
Almonds and cashews

### Sample Meal Time Schedule:

Breakfast 8:AM | Snack 11:AM | Lunch 1:PM | Snack 4:PM | Dinner 6:PM | Snack 8:PM  
Having your meals pre-portioned and ready to go makes this easy, and easy to stick to



## **Personal Healthy Diet Plan Pricing**

For maximum quality, I recommend a twice-weekly service to avoid the need for frozen meals. Freezing compromises food quality, flavor and nutrition, so I suggest a plan for maximum freshness. Whatever you decide, The cost for personal chef services is determined by several factors including frequency of service, the number of dishes prepared, the types of foods you enjoy and where you like your ingredients to be purchased. Some clients prefer all-organic, which effects the costs as well.

Once we have discussed your needs I will be able to provide you with an all-inclusive price for the service. I always make it my mission to purchase only the highest quality fresh ingredients, from local growers as much as possible.

Additional fees for long-distance travel outside the immediate Philadelphia area may apply.

The fee includes travel, food shopping, ingredient costs, cooking and clean-up. The need for disposable or re-usable food containers will incur additional cost.

Delivery is also available if you prefer not to have the cooking done in your home.

### **Sources of Information** | *and recommended reading*

**The Abs Diet** | by David Zinczenko, Editor-In-Chief, Men's Health Magazine  
*This is the book that helped me lose 45 pounds*

**Cuisine Minceur** | by Michel Guérard  
*A beautiful work on healthy cooking from a Michelin 3-star French chef*

**Slow Food: The Case for Taste** | by Carlo Petrini with a foreword by Alice Waters  
*The importance of eating local, beautifully presented*

**Techniques of Healthy Cooking** | by The Culinary Institute of America