

The Practical Chef

Executive Lunches

Eat healthy – Save Time

- **Delivered to your office**
- **Choice of menu**
- **Ranging from \$9.00 to \$16.00**

Choice of Sandwiches, Wraps, Salads or create your own menu.

Lunch orders for the week should be placed on the previous Friday by noon.

We will deliver straight to your door... and that's it !

Special Diets – no problem, I work with a registered dietician

Also available to prepare food for small parties or meeting as needed. *Lunches may be served as a Boxed Lunch for your Busy Executive Meeting*

I customize my menus to meet my client's needs.

- **Executive Lunch Box**
- **Catering, Business Meetings, Small Parties**

Executive Lunch Box

The Practical Chef Brings Healthy and Delicious Lunch Solutions to Arizona

Craig Nassar noticed the demands placed on corporate executives under the gun to deliver in increasingly challenging times is having some undesirable and potentially dangerous effects. "Non-stop pressure to deliver, increases more than the bottom line, it often results in a work life-style that increases executive's waistlines and their risk of disease", says Chef Craig.

Mid afternoon lethargy and brain fatigue can be blamed on a high sugar/caffeine powered breakfast with a greasy cheeseburger on top for lunch. Combine that foggy afternoon feeling with the normal office stress, the rush of meeting hopping, preparing for tomorrow's presentation, plus balancing the needs of a home life, and it's no wonder America's top executives are dragging.

But now, with Chef Craig's Practical Chef "Executive Lunches", bustling Tucson executives can get delicious and nutritious lunches delivered right to their offices. The convenient "Executive Lunches"

Healthy food for energy all day!

Prepared fresh, Delivered Fresh

Poll done by business-opportunities.biz asked readers if they take a proper lunch to work. 52% said they DID NOT!

The Practical Chef
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