

**Janet's Java** is a rich Latin American blend sourced from the finest arabica beans. The roast is a medium dark and the taste is a medium to heavy body with a short crisp finish. This certified fair trade and organic coffee is locally roasted by the Fresh Coffee Network.

A portion of the proceeds will go directly to the Heart and Stroke Foundation of Canada.

Order directly at [janetsjava@freshcoffeenetwork.com](mailto:janetsjava@freshcoffeenetwork.com)

*My goal is to develop and maintain satisfied customers through the provision of competitive, high quality and cost effective Nutritious Food services in your own home.*

*Janet Craig*

**Chef Janet Craig**



*The Satisfied Soul*  
Personal Chef's Service

**Serving the Belleville region including 'the County'**

**613-210-0250**

Insured and bonded

email: [Janet@SatisfiedSoul.com](mailto:Janet@SatisfiedSoul.com)

[www.SatisfiedSoul.com](http://www.SatisfiedSoul.com)

- Premier member of the US Personal Chef's Association
- Certified under NFSTP as Food Safety Trainer
- Member of the Women's Culinary Network

Proceeds in support of the Heart and Stroke Foundation of Ontario



Finding answers. For life.



*The Satisfied Soul*  
Personal Chef's Service



What's  
for dinner  
tonight?



The Satisfied Soul Inc.

## What is a Personal Chef?

A professional chef comes to your home to prepare multiple meals for you and your family. These meals are based on an in-depth questionnaire of your likes, dislikes, dietary restrictions, medical diets or food allergies.

I do all the shopping using the freshest quality ingredients; the best meats, fish and fresh herbs to create a menu that you approve of. I never repeat the same meal unless, of course, you insist! And if you have family favorites, I can prepare those.

*All you have to do is warm your customized dinner and enjoy it in the comfort of your own home.*


If you eat out in restaurants often or are in the habit of grabbing fast food or ordering in, a Personal Chef service will allow you to eat healthier and on your own schedule.

Wouldn't you love to come home to a refrigerator and freezer stocked with a variety of palate tickling dinners prepared by your own personal chef?

Can I afford this service? We all have to live on a budget and this is a valid concern. This service is not for the affluent only. We all tend to undervalue our time.

### Ask yourself these questions:

 What do you pay for pre-packaged foods?

 How many times do you take the family for fast food?

 What is your time worth?



**Chef Janet Craig** has always loved food and cooking with a passion. From a very young age, she was preparing family meals and baking cakes. About ten years ago, she had a brain embolism resulting in some paralysis. Through hard work, she recovered but realized that there are many people just like her, who are trying to recover in their own home while maintaining their independence. Janet is a certified chef with years of experience. Check out the web site for lots of great recipes!

*I do not make fast food; that is a businessman's concept.*

## The Satisfied Soul

### 2 Week Meal Service

I'll create 10 meals for your entire family - custom designed to your taste and dietary needs. The shopping, cooking AND the cleanup are included. You have enough to do.

### Gift Certificates

An ideal gift for a new mother, a recovering patient, a dependent senior or just that busy two income family who would like to have some free time. Ideal for those seniors who wish to maintain an independent lifestyle in their own home.

### Dinner Parties

Having guests over for a dinner party? Feeling stressed? Why not let a Personal Chef plan your menu, do the shopping, prepare your dinner and even plate it to look like an up-scale restaurant, while leaving a sparkling kitchen behind.



### Interactive Dinner Parties

Looking for some entertainment? Let a Personal Chef teach your guests some tips and tricks putting a meal together in which they can participate. Learn some barbecuing techniques, how to de-bone poultry or hold a wine tasting event along with a tasty menu.

### What are Your Parents Eating Tonight?

You may have elderly parents maintaining independence in their own homes. Do you worry whether they are eating properly? No need to worry. Why not treat them to a little Satisfied Soul?!