



**NEW CLIENT
WELCOME KIT**

WELCOME TO



We are so glad you found us! Our team has been helping Miami Dade County area families eat better and save time for nearly 14 years and we look forward to welcoming you as a part of The Pickled Beet family!

We are so excited to help individuals and families just like you enjoy food despite allergies/intolerances, medical conditions and picky eaters. We also specialize in providing the absolute best in meal planning and preparation for athletes for overall health and enhanced performance.

Whatever your reasons for choosing a personal chef, we are happy that you chose our award-winning service!

Thank you for entrusting us with providing healthy, delicious meals for you and/or your family. What you eat is so important to your overall health and we are honored that you entrusted us with that responsibility.

Chef Liz and The Pickled Beet Team





YOUR MENU

Your menus are based on the initial food questionnaire and consultation. Before your service, we will send you an email with your menu. The menu changes each service unless you request the same dish twice (which we'd take as a compliment!).



REPLY & APPROVE

When we send over your menu, and you like what you see, just shoot us a quick reply letting us know everything sounds good. If we don't hear back from you within 24 hours, we'll create your meals according to the original menu.



REPLY & REQUEST CHANGES

If you're craving something in particular (something you saw on Pinterest or at your favorite restaurant!) or something on the menu doesn't sound appetizing, let us know **promptly** and we will create a new menu that will suit your fancy.

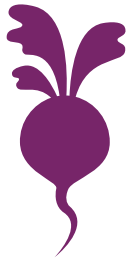
DIETARY OR PREFERENCES CHANGE?

No problem! Just let us know of the changes and we'll plan all future menus with the new guidelines. Because we are a personalized service, we make it easy for you to customize your orders to fit your lifestyle, even if there are changes!





DELIVERY DETAILS



DELIVERY TIME

On your scheduled delivery day, please note that your food will be delivered between 12:00 and 6:30. Sometimes we may be earlier, but not usually later. If you (or someone) isn't going to be home you can either leave us a key or give us a garage code to access your refrigerator. We DO NOT leave food on your front porch. It's not food safe.



NOTIFICATIONS

If you request, we will contact you when your meals leave the kitchen with an estimated delivery window. If you know your schedule has changed, please alert us the day before your cook day so we can try to accommodate you.

If we are unable to deliver your meals because we cannot access your home, we will take them back to the kitchen and deliver again the next day and charge an additional delivery fee.





PAYMENT



SCHEDULE AND PAYMENT

If you are going to be out of town or want to pause service, please let us know as soon as you make your plans. We are required to book and pay for kitchen time a week in advance.

Please note that cancellation 7 days to 48 hours before service will be billed at \$50; cancellation less than 48 hours in advance is going to be \$100.

We understand that sometimes circumstances are beyond our clients' control and we will always try to be accommodating, but late cancellations affect our business and the kitchen we rent from, so we all feel the impact.

Payment will be charged to the credit card on file. Your subscription is active until you advise us in writing that you would like to cancel your service.





PREPARATION



HEATING BEST PRACTICES

Your hot meals are partially cooked and are meant to finish cooking for 10-15 min so they are fresh when you eat them. No assembly of ingredients required - just place your meals in an oven-safe container and heat for 10-15 minutes. Some dishes are best heated on the stovetop (soups, stirfrys, pasta, rice, etc.).

DO NOT put our containers in the oven.

We provide instructions for heating which are based on standard oven times. Depending on your particular oven, times may need to be increased or decreased. For best results, allow your meal to come to room temperature while you preheat your oven.



FOOD TEMPERATURE

Foods should be heated until bubbly throughout or to an internal temperature of 155 degrees for beef, 145 for pork, and 165 for chicken. The only exception is rare beef which is 130 degrees.



STORAGE



FREEZING

Most items are fine in your refrigerator (at 40 degrees or below) for 5-6 days. If fish/seafood/salads are on your menu, please eat them in the first 2 days. You can freeze meals in original containers for up to 3 months. Please note, though, that salad, fruits, and soft vegetables such as asparagus, zucchini, and squash don't fare well in the freezer.



THAWING

If you choose to freeze your meals, always defrost your food in your refrigerator the day before consumption. All of our meals are made with natural ingredients and are preservative-free so they should be consumed in a timely manner. If you have seafood on your menu, consume that in the first two days or freeze it for best results.

If you have any questions about your meals, please don't hesitate to contact us. 305-388-3536



SHARE THE LOVE!

WE LOVE REFERRALS! PLEASE FEEL FREE TO SHARE PICTURES OF YOUR MEALS AND TAG US ON SOCIAL MEDIA!



HOW TO SHARE

- Take a pic of your food and upload it to Facebook or Instagram.
- Tag us and use the hashtag **#PickledBeetMeals**
- Feel free to leave a review on Facebook and Google!
- As a thank you for sharing, we'll give you a **free meal!**

LET'S GET SOCIAL

Follow us on Instagram or Facebook to see what we've got cookin' and get the inside scoop on TPB happenings. We'll follow you back!