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## Personal Chefs - Your Key to Healthy Eating

By Liz Morrison

Let's face it; most of us don't have the time or inclination to cook healthy meals for ourselves. It's much easier to toss something into the microwave or go out than spend hours preparing a nutritious dinner. And fast food, though we hate to admit it, is a quick fix when time is minimal. In the meantime, we're gaining weight and clogging our arteries.

If you're tired of eating badly but are unsure of how to remedy the problem, a personal chef may be the answer. Personal chefs do all the shopping and prepare the meals in your kitchen. They use only fresh ingredients and can tailor the menu to fit your particular dietary needs.

Candy Wallace is the executive

director and founder of the American Personal Chefs Association (APCA) and has been working as a personal chef since 1991. She stressed that what busy people need most in their lives is time. Hiring a personal chef to cook healthy meals not only helps change your eating habits but gives you an added bonus - freedom.

"We do an in-depth assessment to determine exactly what a client wants to accomplish. Whether it's to lose weight or teach their children to make healthy food choices or just to feel better. Plus, we put more time back into client's lives," Wallace said.

Local personal chef Jan Tisdale, a graduate of the San Diego

Culinary Institute, regularly makes a week's worth of meals and snacks for her clients so they can enjoy freshly prepared foods at their convenience without having to go through all the steps of cooking. Some of her clients include cancer patients and diabetics who put her in contact with their physician or nutritionist to help coordinate the best menus for their health issues.

Personal chefs are much less expensive than you might think. Depending on the type of food you choose and the number of meals or snacks you need, costs can range from about \$200 - 350 per week.