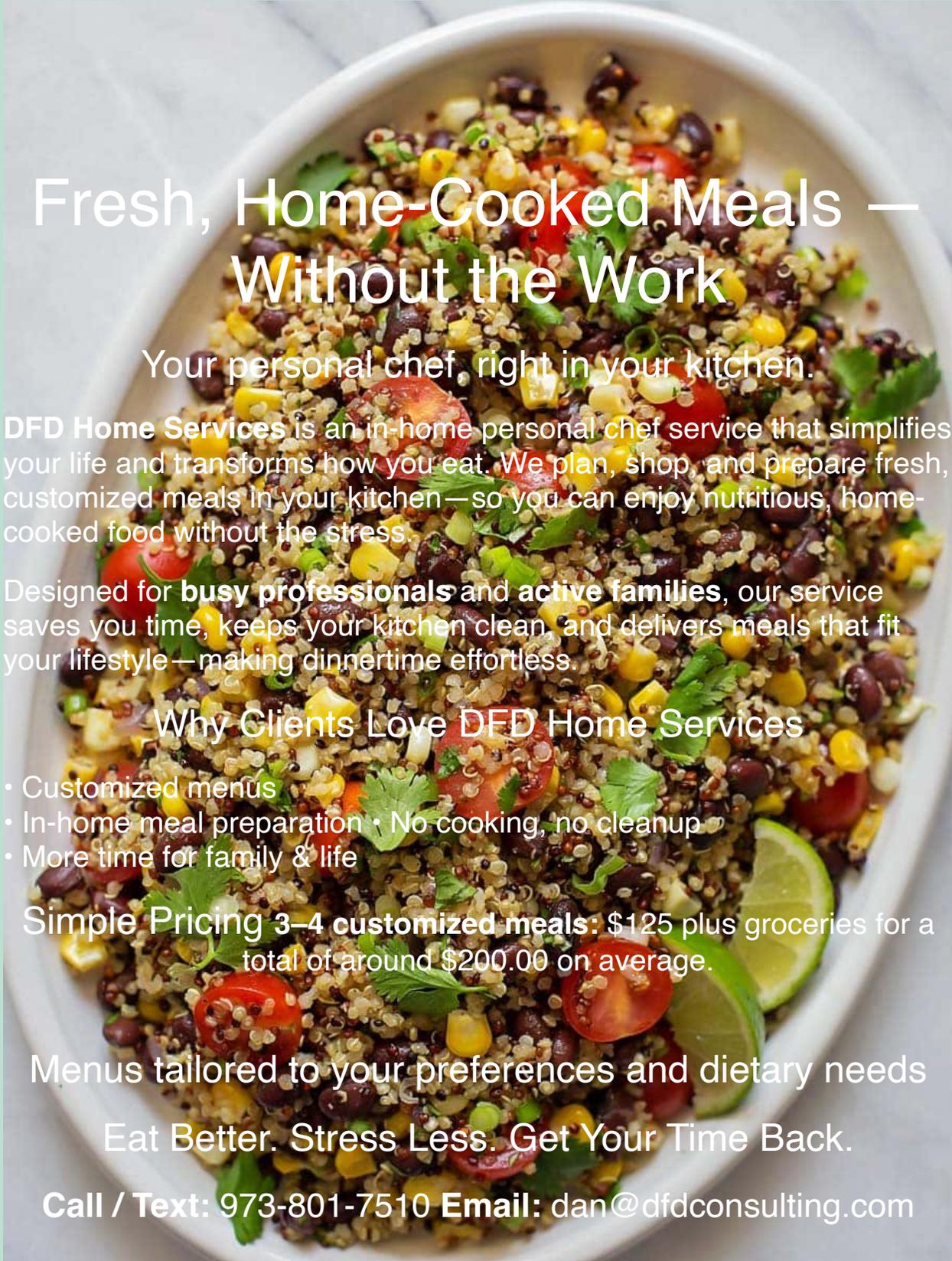




In Home Meal Prep



Fresh, Home-Cooked Meals — Without the Work

Your personal chef, right in your kitchen.

DFD Home Services is an in-home personal chef service that simplifies your life and transforms how you eat. We plan, shop, and prepare fresh, customized meals in your kitchen—so you can enjoy nutritious, home-cooked food without the stress.

Designed for **busy professionals** and **active families**, our service saves you time, keeps your kitchen clean, and delivers meals that fit your lifestyle—making dinnertime effortless.

Why Clients Love DFD Home Services

- Customized menus
- In-home meal preparation • No cooking, no cleanup
- More time for family & life

Simple Pricing 3–4 **customized meals**: \$125 plus groceries for a total of around \$200.00 on average.

Menus tailored to your preferences and dietary needs

Eat Better. Stress Less. Get Your Time Back.

Call / Text: 973-801-7510 Email: dan@dfdconsulting.com