

Too busy to cook?

Looking to lose weight? Medical issues?

Diane Henderiks, R.D.

INTRODUCES

Diane's DAILY DISH

Personal Chef Service

With today's busy lifestyle, preparing healthy meals at home can seem nearly impossible.

Let us take the question mark out of your dinner plate!

We offer affordable, delicious and homemade meals prepared with fresh, wholesome ingredients and the least amount of salt, fat or sugar. No preservatives, refined or hydrogenated items are used in our food preparation. Our standard service is dinner for Monday, Wednesday and Thursday with soup/chili/stews on Tuesday. You will receive an email with the menu for the following week. You can choose every day or whatever suits your needs at the time.




Three times each week your healthy, delicious dinners can be picked up or delivered right to your home or office. We can also customize your service to include breakfast, lunch and dinner for everyday of the week.

The choice is yours!

Registered Dietitian
inspired and approved!



Want to eat healthy without sacrificing flavor?

-  Multiple office locations in Monmouth County for 1:1 consultations.
-  Customized meals are available for: gluten-free, lactose-free, vegetarian and any other specific dietary needs
-  Guaranteed Healthy!

Diane
Dietitian in the Kitchen™

To sign up or discuss the options

call **732.922.6269**

or email info@dishwithdiane.com

Visit our website for more information. www.dishwithdiane.com