

STRENGTHS

- Creative Recipe Modification**
Transform existing recipes into customer-specific adaptations, improving satisfaction among those with dietary constraints.
- Client Relationship Builder**
Develop strong rapport with clients, resulting in increased referrals due to exceptional service quality and trust.
- Time Management**
Efficiently organize meal prep schedules and grocery shopping to maximize cooking time and minimize wastage.
- Education In Nutrition**
Leverage academic knowledge in nutrition principles to inform healthy meal choices and dietary recommendations for clients.
- Culinary Technique Expertise**
Employ various cooking techniques to elevate meal presentation without sacrificing flavor or quality.

SKILLS

Culinary TechniquesMeal Planning

Dietary Accommodations

Food SafetyClient Communication

Grocery Management

LANGUAGES

EnglishNative

SpanishIntermediate

SUMMARY

Passionate personal chef with over two years of experience delivering customized meal services. Specialized in creating diverse dishes tailored to individual dietary preferences, including gluten-free and keto options. Proven ability to manage all aspects of meal preparation from recipe study to grocery shopping and ensuring compliance with sanitation regulations. Maintain open communication with clients, adjust menus to meet their needs, and foster enjoyable dining experiences. Eager to bring culinary creativity and a commitment to quality to Culinary Creations Inc., ensuring each client has memorable and delightful meals.

EXPERIENCE

Personal Chef

Home Chef Services

June 2024 – Present

St. Louis, MO

- Oversee personal chef operations, specialize in custom meal planning to accommodate dietary restrictions and personal tastes. Skilled in managing kitchen safety and hygiene standards while efficiently preparing nutritious meals for clients.
- Crafted personalized meal plans addressing dietary requirements such as dairy-free and gluten-free diets.
 - Conducted thorough grocery selection, sourcing fresh ingredients to uphold quality in every dish prepared.
 - Ensured kitchen cleanliness by adhering to health regulations, sustaining a safe cooking environment involved in the service.
 - Communicated regularly with clients to update menu preferences, customizing experiences based on ongoing feedback.
 - Adapted recipes responsively, developing innovative offerings that boosted client return rates significantly.
 - Facilitated transition into full-time possibilities as demand increased, demonstrating responsiveness to business growth.

Private Chef

Gourmet Kitchen

May 2023 – May 2024

St. Louis, MO

- Served as private chef at high-profile events, focusing on exquisite meal presentation and superior taste. Collaborated closely with clients to create tailored menus respecting unique dietary limitations and preferences.
- Prepared luxurious cuisines for special occasions, showcasing advanced cooking techniques emphasis on visual appeal.
 - Worked alongside clients to conceptualize innovative menus aligning with their preferences and dietary needs.
 - Maintained utmost compliance with local health regulations through effective kitchen management practices and inspections.
 - Trained and supervised kitchen staff on best practices for equipment and culinary methods, heightening overall team proficiency.
 - Instituted time management frameworks, speeding up meal delivery while maintaining product excellence.

LEADERSHIP & AWARDS

- Best Emerging Chef Award - St. Louis Culinary Association, 2025
- Client Excellence Recognition - Home Chef Services, 2026

EDUCATION

Bachelor's Degree in Nutrition

University of Missouri

GPA: 3.8

2025

Columbia, MO

Coursework: Culinary Techniques, Food Safety, Dietary Accommodations, Meal Planning

MY CAREER



- Personal Chef at Home Chef Services (2.2 Years)
- Private Chef at Gourmet Kitchen (1 Years)

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2025

TECHNICAL SKILLS

- **Culinary Tools:** Knives, Cooking Utensils, Measuring Devices
- **Cooking Techniques:** Baking, Grilling, Sautéing
- **Food Safety Standards:** HACCP, FDA Regulations, ServSafe Guidelines
- **Nutritional Knowledge:** Dietary Needs, Nutritional Analysis, Healthy Eating Practices
- **Menu Planning Software:** Mealime, Paprika, Plan to Eat
- **Communication Tools:** Email, Phone, Video Calls
- **Inventory Management Tools:** FreshDirect, Instacart, Walmart Grocery
- **Presentation Techniques:** Plating Skills, Garnishing, Theming
- **Sanitation Procedures:** Personal Hygiene, Food Prep Rules, Cleaning Protocols
- **Recipe Development:** Ingredient Substitution, Flavor Pairing, Cultural Cuisine Exploration

PROFESSIONAL AFFILIATIONS

- Member - American Culinary Federation
- Volunteer - Local Food Bank Initiative

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST