

*Angie Sams™*

[www.angiesams.com](http://www.angiesams.com)

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After having a successful run in the commercial culinary environment, Angie chose to pursue a career as a personal chef. This decision was based on her passion to help families spend more time together over healthy, tasty meals. The families she works for truly become part of her extended family. Angie understands and respects that her families are allowing her into a very personal part of their lives.



## Who needs the luxury of a personal chef?

In this fast-paced day and age....who doesn't? If you need help with time management, if your cooking skills are a source of personal pain and embarrassment or if you eat out more than three times a week, you need a personal chef! Today's perception of a personal chef has vastly changed from one of a "luxury" item for the wealthy, to that of a necessity for the busy person who just doesn't have enough time in their day.

By combining the wants and needs of her clients with her background in nutrition and love of cooking, Angie Sams has turned the business of being a personal chef into an art.

When asked what her goals are for being a personal chef, Angie's answer is simple:

“ I love that I can provide a clear distinction between what I offer and what other personal chefs have to offer to their clients. In addition to becoming a part of my extended family, I love having the knowledge and talent to bring the healing power of food – whether it be physically or emotionally – back to my client's dinner table. ”



## Personal Chef Services

Whether it is a weekly meal service, special occasion, private parties, meetings, luncheons or cooking classes, Angie takes the time to get to know you, your family and your kitchen. It is important that you are comfortable enough to share any dietary or health issues to make sure all your nutritional needs or goals are being met. Angie offers a list of suggested meal items that many clients have helped compile, but each client is encouraged to ask for exactly what they want or crave. If there is equipment your kitchen may be lacking, Angie will gladly bring items from her own extensive collection. Rates are based on an hourly fee, plus the cost of groceries. For more information on Angie's personal chef services and recipes, please visit [www.angiesams.com](http://www.angiesams.com).



## Create & Taste Food Line

Angie Sams has extended her love for cooking into a new line of innovative and tasty food products. By creating a versatile food line that will break down the mystery of cooking, Angie's main goal is to design products that have an "exclusive" feel with an "everyone" appeal!

The first offering in her food line is a variety of delicious bean spreads that are antioxidant, organic, gluten-free, vegetarian friendly and nutritious. Flavors for the bean spreads include:

- Mole Red Bean
- Thai Black Bean
- Mediterranean White Bean
- Indian Golden Chickpea

All of the spreads can be used alone as a dip, on sandwiches and wraps or even as a thickener in soups. To place your order today, visit [www.createandtaste.com](http://www.createandtaste.com).

