Business profile for shepsmeri (fiverr) 1/17/12

\*\*customer provided written guidance for article

CHEF OLIVER

Personally, Monique Oliver prided herself in healthy eating and cooking. She discovered that her lifestyle was very similar to the zone diet “the right balance of food in proper portions to help you lose weight, feel energetic, and maintain proper health.”

Monique developed a passion for adapting recipes to align with the zone diet’s philosophy of a healthy balance of 40%, 30% and 30% carbohydrates, fats and proteins in every meal. This was done by providing combining a balance of good carbohydrates such as “low-glycemic” whole grains, legumes and vegetables, lean meat and fish proteins and healthy fats.

When discussing the zone diet with friends, it became apparent to her that ease of use was a challenge for them all to overcome. Because of our hectic lifestyles, we eat too much processed foods, bad carbohydrates and sugars. It was a natural transition for Monique to take her passion for the zone diet and apply it towards managing the Zone Chef (now Zone Diet); a catering service that delivers your fabulously yummy zone meals to your doorstep daily - helping others to overcome their addiction to the “easy-to-get” processed foods.

Chef Oliver is pleased to announce her new line of gourmet Vegan and Vegetarian cuisine. (add more information here when supplied by buyer)

**Chef Monique Oliver’s biography:**

Monique Oliver a Dean’s List graduate of The New York Restaurant School, Chef Oliver brings almost 10 years experience to Chef Oliver Events and Caterers. Her career highlights include managing Zone Chef (now Zone Diet), a multi-million dollar, Five-Star catering company that attracts A-List actors, celebrities and top entertainment industry talent.

Chef Oliver has catered events at New York’s prestigious Regent Wall Street Hotel – including Grammy-winner Mariah Carey’s wedding party in the 1990s. Michael Jackson was among the powerhouse guests in attendance. She orchestrated the 50th Anniversary celebration of a prominent senator at Brooklyn’s Prospect Park Picnic House, and has organized hotel banquets and served as the signature caterer for the Brooklyn Chamber of Commerce.

Other clients include the Board of Education, many educational institutions, Brooklyn’s Akwaba Mansion, TDX, a leading training institute for construction industry entrepreneurs, and an extensive list of nonprofit organizations and for-profits.

As a teacher and culinary mentor, Chef Oliver has taught cooking adults and to youngsters at the Children’s Aid Society since 2007. She previously taught cooking classes at Manhattan’s City Harvest. Her teaching style gives her students invaluable lessons not only in the kitchen but also in life. They are encouraged to cook inside and outside the box, feel free to experiment and expect success!

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