

Hello, please share your details below so I can design your custom plan. This ensures your weight-loss journey is simple and delicious. Thank you.

Please note that you **will not regain** the weight lost because this is not a diet but a metabolic recalibration. Regarding sugar, I replace it with erythritol should you desire your favorite sweets at home.

With sincere care and deep respect for your well-being,

Chef Sylvia

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- **Name:**
 - **Female** **Male** **DoB** [__ / __ / ____]
 - **Weight Loss Goal:** [_____ lbs]
 - **Timeline:** [_____ weeks/months]
 - **Guided Dining:** Would you like Chef Sylvia to provide **Professional Restaurant Navigation** (in-person accompaniment) to ensure progress during social outings?
 - Yes
 - No
 - **The Live-In Immersion:** 24/7 culinary management and peak nutritional accountability for the fastest possible results.
 - **Private Service:** Scheduled meal preparation and elite kitchen management.

Kosher Requirements: * Not Required

- Kosher-Style (Ingredient focus)
- Strictly Kosher (Certified ingredients/Rabbinical supervision)
- **Other Religious Specificity:** [_____]
- **Cuisine & Regional Preferences:** (e.g., Mediterranean, American, Italian, Middle-Eastern, French, Greek, Chinese)
[_____]
[_____]
- **Allergies:** (e.g., Nuts, Shellfish, Dairy, Gluten)
[_____]
- **Ingredient Aversions:** (Specific flavors or items to be excluded)
[_____]
- **Physical Activity Routine:**
[_____]
- **Sleep Duration and Times:** [_____]
- **Location:** [_____]
- **Household Size:** [_____ adults / _____ children / pets]