

What People Are Saying

“Working with [Chef Lam] not only gave me a new found confidence in the kitchen, but the experience also gave me a whole new set of cooking skills...I now view my time in the kitchen as a way to be creative. Now I cook not only ‘by the book,’ but use my senses to enhance and create... Having the chance to work with a professional chef in the privacy of my home is a rare opportunity, and I am happy to have found a way to achieve it through [Chef Lam.]”

Dana, Culinary Session Client

“Chef Lam’s take on food is a simple one: enjoy what you do and the rest will fall into place. I appreciate the effort he puts forth in our store every time he demonstrates. My customers give me great feedback, as he answers their questions, shows them step-by-step, and piques their interest...Chef Lam really knows his stuff and is able to pass that on in a way that everyone can latch onto.”

Amanda, GM, Williams-Sonoma/Burlington Mall

“I’ve had the pleasure of having Chef Lam speak at several sports camps, and I’ve found his demeanor and knowledge to be exceptional. He spends time with the athletes not only giving advice, but listening to their needs. I recommend him to all of my clients, from high school and collegiate athletes to professional athletes.”

Eric, Head Strength & Conditioning Coordinator, Boston Sports Clubs



German Lam, Chef Executive Officer



Chef German Lam, founder of Glam Foods, is an award-winning chef, trained at Newbury College and having completed the *American Culinary Federation Les Dames d’Escoffier* apprenticeship program.

Chef Lam has been a chef at top-rated institutions such as the 5-Star Boston and Cleveland Ritz Carlton Hotels, Chatham Bars Inn, and Harvard Club of Boston.

The Glam Foods Goal

Chef Lam’s goal is to inspire, inform and educate your “inner chef” on how to create an easy, healthy and enjoyable lifestyle through remarkable cuisine.

By encouraging your culinary success and helping you realize your full potential, you’ll be able to nourish your and your family’s life...one delicious bite at a time.

Contacting Chef Lam, Glam Foods, LLC

To learn more about Chef Lam, or to experience his unique and genuine passion for food first hand, you can contact him at:

german@glamfoodsllc.com

617.999.3868

www.glamfoodsllc.com



Bringing creativity and passion back to the art of cooking.



Culinary Sessions

All sessions are customized to your skill level, using your own kitchen, appliances and tools. By presenting simple food in an elegant style, you will save time and money, bring back your creativity and confidence in the kitchen, and best of all, enjoy the delicious masterpieces you've created.

Choose from an array of services:

- Health-conscious meals and techniques.
- Weekly meal planning for individuals/couples/families.
- Learn how to get kids involved and eating healthier.
- Food pairing with wine/beer.
- Vegetarian meal planning.
- Local and international cuisines: American, Asian, French, Italian, Mediterranean, Spanish, etc.
- Cooking techniques: Roasting, grilling, stir-frying, sautéing, steaming, braising, poaching, etc.
- Seasonal, holiday, or special event dinner parties.
- Shopping 101: getting the best ingredients for the best value.

** These are just some examples of the sessions available. Please feel free to contact Chef Lam to customize a session for your specific needs and goals. Call 617.999.3868 today for your free consultation.*

Programs are designed for:

- Individuals or Group Parties



Personal Chef Services



In addition to private at-home culinary sessions, Chef Lam offers Personal Chef Services.

From small, intimate gatherings, to mid-sized events, Chef Lam is available to cook for you and your guests. Just decide on the menu and Chef Lam will

prepare it, while you relax and mingle with your guests.

(Ex. anniversaries, brunch, birthdays, holidays, Mother's / Father's Day, etc.)

Live Demonstrations



In an effort to make his unique approach to food and cooking more accessible, Chef Lam has partnered with a variety of vendors—including (but not limited to) WholeFoods,

Williams-Sonoma and Stonewall Kitchen—throughout New England to provide live demonstrations. Dates, times and locations for upcoming appearances can be found at the Glam Foods website at www.glamfoodsllc.com.

Additional Programs

- Sports Program: Presentation for athletes/teams about ways to fuel the body with healthy foods that provide energy and taste good.
- Meal Planning/Budgeting Program: How to shop for and prepare food: do it once and you'll have quick, healthy meals for the whole week.
- Gift certificates available for all of our programs and services! Call 617.999.3868 for more information!

Can Glam Foods Help Me?



By providing education, inspiration and information in laymans terms, in easy-to-access formats, such as live demonstrations and in-home sessions, Chef Lam strives to bring back the joy of food in households of all shapes and sizes.



Whether you're a parent needing help stocking the freezer with healthy easy-to-prepare foods, a family looking for alternatives to fattening fast-food meals before taking the kids to their sporting events, or someone just looking to

give their body the best fuel possible, Chef Lam has a program, session or consultation for you.



Specializing preparing healthy foods that taste great, Chef Lam can even provide you with healthy alternatives to football/tailgating party food that everyone will love! And if you don't believe it, pick up the

phone today and call 617.999.3868 to schedule a consultation with Chef Lam today.

Working with Chef Lam is an investment in yourself, your family and your lifestyle! Call 617.999.3868 for more information on how Chef Lam can help you, or visit www.glamfoodsllc.com.