



## **AMBER TAYLOR** **PROFESSIONAL BIOGRAPHY**

Amber Taylor is one of today's top food experts and is affectionately known as the health-conscious female "Chef Emeril" of the 21<sup>st</sup> Century for busy individuals on the go. She has combined her expert knowledge of food with her passion for creating innovative meal plans that are delicious, nutritious and fresh with a taste that even the most discriminating of individuals will love. Amber's long and successful history with food prompted her to create an innovative new company called Custom Cuisine, which specializes in creating personalized meal plans for busy individuals and families that are incredible while fitting any budget.

Amber's passion for food and serving others started with her own family's need for fast, nutritious and tasty food that everyone would enjoy. As a single mom, Amber has known the frustration of coming home after a long hard day at work and then having to cope with shopping for food and preparing a great meal for her family that is both quick and healthy. Amber's personal lifelong love of learning had her studying high quality food and nutrition on every level from the organic and sustainable food movement to creating nutritious gourmet meals that both kids and adults love.

Some of Amber's biggest personal and career successes have come in her unique ability to help positively change the way people eat, while improving their overall health through better nutrition. She has been a pioneering nutritional advocate for improving school lunch programs which will transform the current unhealthy system of providing students with pre-packaged, pre-prepared food with little to no nutritional value. Amber's goal is to provide healthy meals for students that are made with fresh, quality ingredients and substantially improved nutritional content to revolutionize and change the industry for future generations.

Amber designed Custom Cuisine so that busy individuals just like you don't have to worry about dinner ever again. You will now be able to have a delicious, healthy meal on your table in less than 15 minutes. Amber's guiding philosophy says it best: "Food has become something we eat in passing, but should be something we take the time to savor. It is our life source, that which fuels our bodies. It can be one of our biggest enemies at times, but is truly meant to be one of our greatest joys in life".

Amber's advanced education, experience, culinary skills and study abroad combined with her unique background in classic French and Italian cuisine; pastries and extensive wine training have all synthesized together to make her the amazing success she is today. Amber is the new driving force in food which has made Custom Cuisine the new industry leader it is today by providing busy individuals and families with outstanding meals delivered right to their door at a realistic price they can afford.