

Peter higgins

Breakfast Cook

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(123) 456-7890

Atlanta, GA

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WORK EXPERIENCE

Palm Restaurant Group - Breakfast Cook

2018 - current

Atlanta, GA

- Communicated with cooks and servers to fulfill the remainder of orders and to serve within 40 seconds of completion
- Maintained knowledge of 87 menu items to customize orders according to sensitivities, allergies, and preferences
- Cleaned work area, supplies, and appliances before and after shifts, decreasing opening and closing time by 7 minutes

Hyatt Hotel - Breakfast Cook

2016 - 2018

Atlanta, GA

- Prepared ingredients and readied breakfast counter for 90+ guests by filling fridges and stocking self-serve stations
- Inspected, labeled, and stored foods, verifying storage temperatures and upcoming perishable dates
- Adjusted menu plans and seasonal item rotation, reducing waste by 14% and saving \$4.7K+ per quarter
- Cleaned and maintained kitchen appliances, decreasing maintenance costs by 36%

Red Lobster - Host

2012 - 2016

Atlanta, GA

- Greeted guests and seated parties within 3 minutes of entry, increasing customer satisfaction by 17%
- Seated 45+ parties each shift, and communicated wait times, restroom locations, and menu information
- Cleaned hostess stand and waiting area by restocking items, removing trash, and cleaning windows, doors, and entryway
- Answered phones to schedule visits, confirm 30+ reservations per day, and answer customer inquiries

EDUCATION

North Atlanta High School - High school diploma

2008 - 2012

Atlanta, GA

SKILLS

Time Management; Food Preparation; Kitchen Safety; Cooking; Menu Planning; Inventory Management; Kitchen Equipment Maintenance; Collaboration

Resume Template Protein Breakfast This Week

Glenn Cossar



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The Rapid Waist Reduction Diet Don Colbert,2013-04-02 Your Waistline Is Your Lifeline Losing weight is at the core of the majority of successful plans to manage and reverse many health conditions But did you know that your waist size is actually even more important than your weight Research shows that your waist measurement is a key indicator of your risk for developing type 2 diabetes and many other health issues In The Rapid Waist Reduction Diet you will learn about natural ways to shrink your waist and lose belly fat through diet supplements and exercise Drawing from decades of experience helping his patients lose weight and get healthy New York Times best selling author Dr Don Colbert gives you medical information and practical insights on ways to Stay motivated Reduce your waistline Control your weight Rid yourself of toxic belly fat Dr Colbert s Rapid Waist Reduction Diet is the last diet you will ever need It is time to lose that stubborn belly fat and keep it off for life *Nutrition Abstracts and Reviews* ,2004 **Dietary Fibers and Human Health** Megan A.

McCrory,2018-07-04 This book is a printed edition of the Special Issue Dietary Fibers and Human Health that was published in *Nutrients* **Resources in Education** ,1991 Serves as an index to Eric reports microform **Grip, a weekly journal for British boys** , **Nutritional Support Handbook** ,1990 **Once a Week** Eneas Sweetland Dallas,1871

Adherence to the Mediterranean Diet: Microbiota and Non-Communicable Diseases Sofi G. Julien,Mireille Serhan,2024-04-09 **The Freemason and Masonic Illustrated. A Weekly Record of Progress in Freemasonry** ,1887

Yes. I Can Handle Three Things, for Now Glenn Cossar,2017-10-18 The benefits of working towards success do not have to be at the expense of our peace of mind or complete exhaustion The good news is that achieving just three things in life can be enough to attain a clear and purposeful direction Glen Cossar a business planner and life coach shares real life stories combined with practical tools that encourage happiness seekers to simplify choices and follow specific steps that allow attainment of goals and joy While demonstrating how to become strategic instead of fearful Glenn motivates others to focus decisions and actions create a clear plan of action and apply a values based review of the plan to ensure its effectiveness Included is valuable insight on the magic of three things why speed bumps slow us down whether emotions are useful or important how to set boundaries and why now is a great time for everything In this intuitive guidebook a business planner and life coach offers stories and tools that inspire a transformation in thinking that ultimately allows attainment of a life filled with unimaginal successes and joys *Resources in Education* ,1991 *Harper's Weekly* John Bonner,George William

Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1885 **The Retrospect of Practical Medicine and Surgery** ,1874 **The Retrospect of Practical Medicine and Surgery** William Braithwaite, James Braithwaite, Edmond Fauriel Trevelyan, 1874 **American Florist** ,1892 **British Medical Journal** ,1896 **The American Journal of Clinical Nutrition** ,2000-04 *Novels* James Fenimore Cooper, 1873 **Lionel**

Lincoln James Fenimore Cooper, 1884

Lionel Lincoln, Or, the Leaguer of Boston Cooper, 1885

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