



**PHONE**  
*photography*  
**CHEAT SHEETS**

# Welcome! 😊

Are you struggling to capture the beautiful food you prepare?  
Do your photos look dull, uninspiring and boring even if the food was amazing?

Are you motivated to **create consistently great food images** with any gear, even with your phone?

If you're a food photographer, food blogger, content creator, food business owner, social media expert or even a curious foodie then **this is for you!**

This is for you if you're motivated to **take your photography to the next level!**

This is for you if you want to **feel excited to capture your best work and be proud of your images!**

Once you start implementing these tips you will see **immediate improvements** whatever the subject.

So let's dive right in!



# About THE AUTHORS

We are Giulia and Laura, nice to meet you! We are professional food photographers with international clients and complementary skill sets.

Laura runs a successful food photography blog, collaborates with many brands and is the queen of social media.



Giulia has years of experience working in the advertising and commercial world with big projects and brands. We worked for some amazing clients including

Our work was shortlisted and finalist at the prestigious Pink Lady Food Photographer awards for a few consecutive years in many categories.

We write food photography e-books and we teach and mentor food photographers at all levels to help them take their photography to the next level and achieve the career of their dreams.

Together, we combine the expertise of 2 professionals with different skillsets to bring you the full picture on the world of food photography!



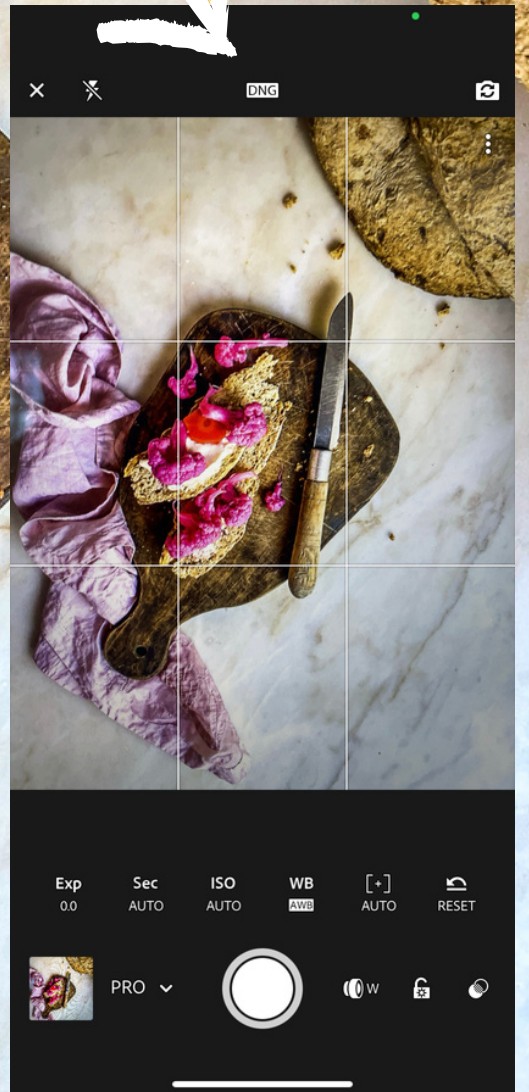
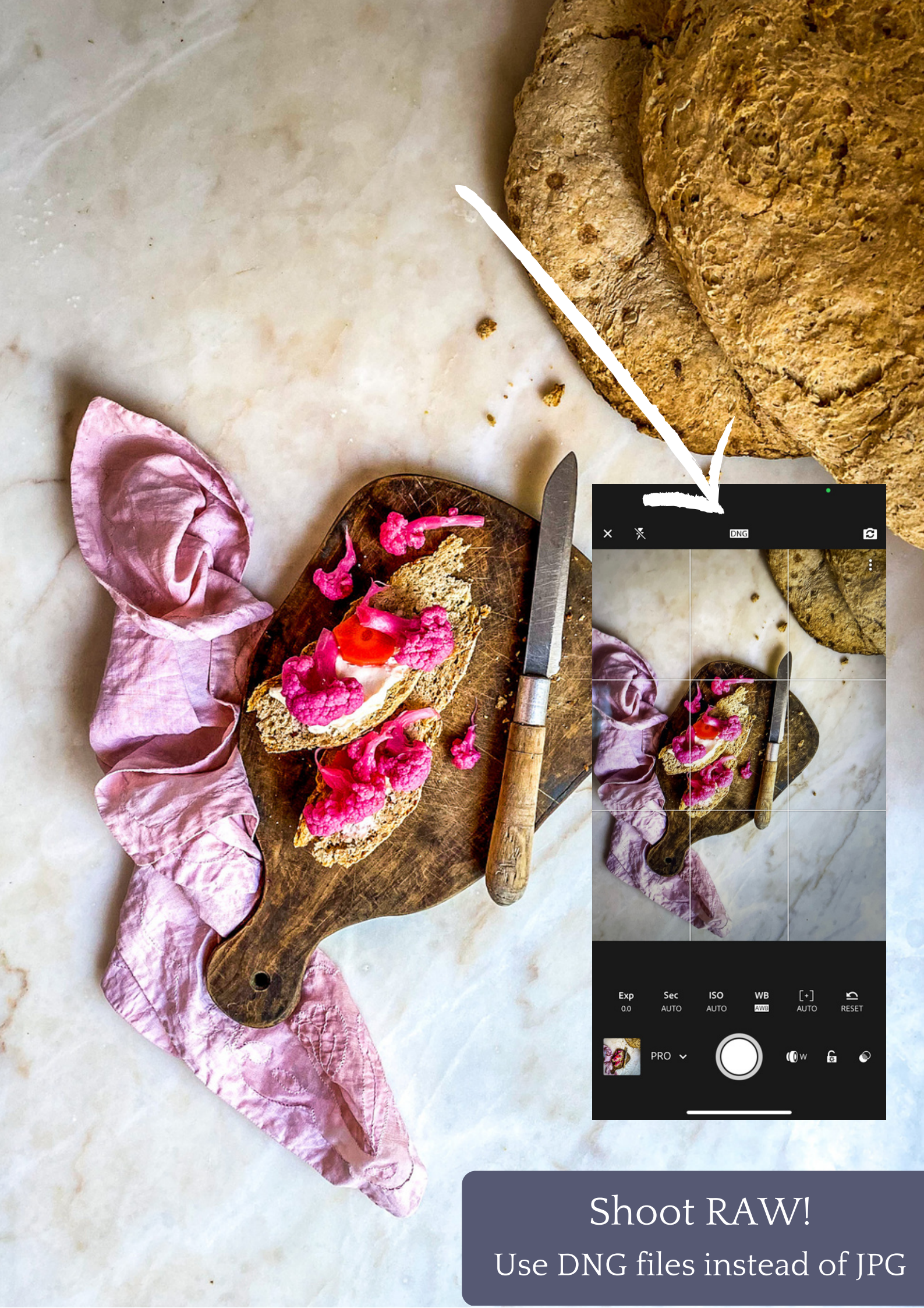
DO YOU NEED  
MORE HELP?

SEND US A DM

@foodphotocircle

info@foodphotocircle.com

www.foodphotocircle.com




Shoot RAW!  
Use DNG files instead of JPG

Two hands and exhale while shooting!




Steady Camera  
or "tripod"



Stand next to the window  
& use side light!

Use window  
light

A photograph of a picnic setup in a forest. The picnic is arranged on a mossy forest floor, featuring several woven baskets filled with food and drink, along with blankets and pillows in shades of beige and orange. The background is a dense forest of tall, thin trees. A semi-transparent grey box with white text is overlaid on the right side of the image.

If you shoot outside, look for shade or cloudy sky

Avoid direct sunlight

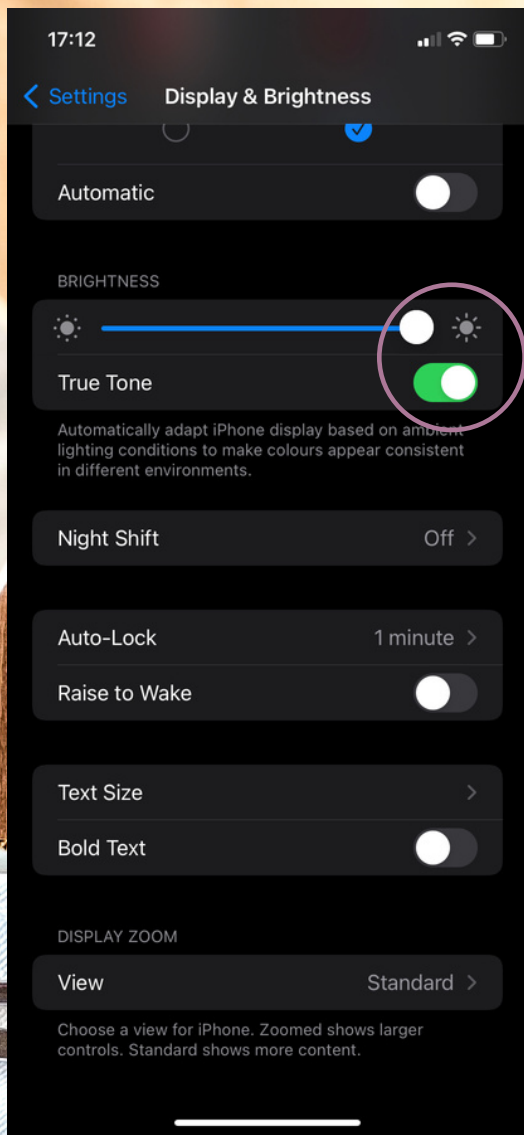
Don't use zoom!



Get closer with  
your phone

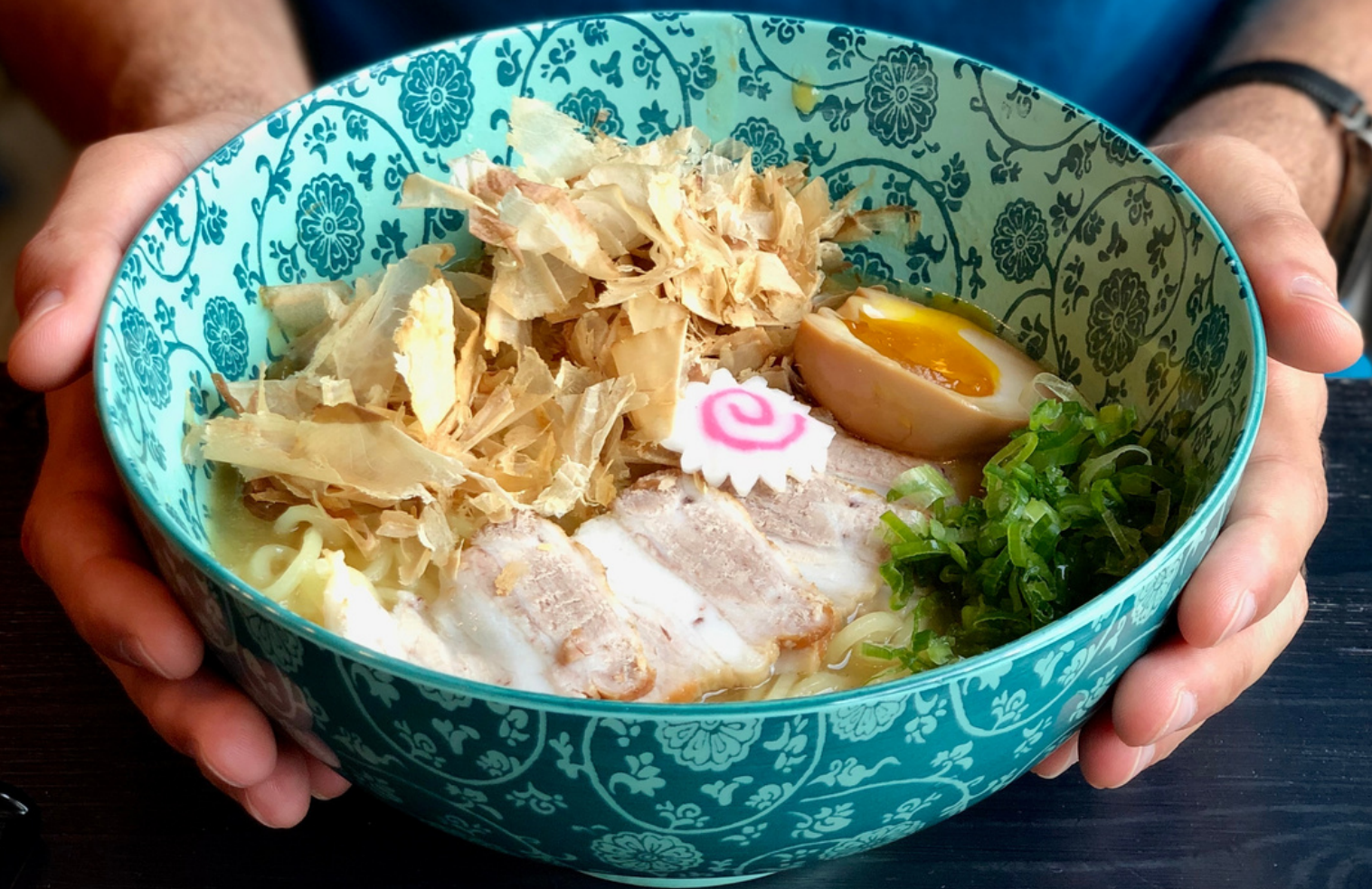


Calibrate your  
touchscreen



Turn on  
True Tone

Clean your lens for  
maximum sharpness



21:58

📶 71

< Settings

Camera

- Formats >
- Record Video 1080p at 25 fps >
- Record Slo-mo 720p at 240 fps >
- Record Cinematic 1080p at 30 fps >
- Record Stereo Sound
- Preserve Settings >
- Use Volume Up for Burst
- Scan QR Codes
- Show Detected Text

COMPOSITION

- Grid
- Mirror Front Camera
- View Outside the Frame

PHOTO CAPTURE

Photographic Styles

Personalise the look of your photos by bringing your





1

2

3

4

5

Use an odd number of elements

Use different  
textures





Use patterns  
and shapes



Repeat elements



Use leading lines



# High-Five, you made it!

## What's next?

Congratulations on completing these cheat sheets! We are sure that this knowledge and some practice will bring a significant boost to your amazing food photography.

We put a considerable amount of effort into creating this guide and breaking down these insights from our years of studying food photography – we truly hope you got a lot out of reading it :)

### **THERE'S MORE! KEEP READING!**

Maybe, as you read each rule, you realised that you already had some areas under control, whilst others you stumbled on and realised there are mistakes you didn't even notice you were making with your photography.

Remember, dealing with your food photography mistakes isn't about blaming yourself.

The purpose of this guide is to make sure you are aware of the areas that need improvement so that going forward you can get out of your comfort zone and work on them. In the end, the goal is to get better by learning from our mistakes. The most important thing is always to keep practicing and learning!

Now you know some food photography basics – but of course, that isn't even half of the story...

The other part is understanding different food photography & styling techniques in depth.

## **YOU'RE IN LUCK THERE, TOO...**

You can get years of our best research and groundbreaking insights on food photography boiled down into a practical program.

It's time to master food photography with a step-by-step roadmap that will help you feel confident and achieve incredible results easily and without wasting any more time!

**Learn all the skills you need to shoot your dream images and get support and motivation on your journey.**

- Unleash the power of your smartphone.
- Use the best apps for shooting and editing.
- Create stunning layouts that amaze.
- Stop the scrolling and increase engagement.
- Make light work for you.
- Elevate your light, shoot pro-looking images.
- Stop feeling frustrated with images that don't POP.
- Take your photos from good to OMG.

**HOW??**



# *food photography* **FOR SMARTPHONES**

Unleash the power of your smartphone.  
Transform everyday snaps into  
**pro-looking images** that will WOW

I'M READY TO TAKE MY PHONE PHOTOS  
TO THE NEXT LEVEL

*A complete course*



*And so much more...*

# Meet our students

*" Food Photo Circle is just what I needed to help me out of a creative rut. I now feel inspired again! The course provides assignments and actionable tips that can be implemented to improve your photography immediately "*

Emily @resplendentkitchen



BEFORE



AFTER

*" One-shop-stop for food photography. This course includes techniques which you won't find easily if you're only learning with free resources "*

Greta @theplatepixel



BEFORE



AFTER

# BUT FIRST, a warning:

We're going to hand you our best rapid-results techniques in this program, but it's your responsibility to make sure that the you use it in a way that is worthy of an incredible food photographer like you.

That's because once you go through this course, you will become so good at your craft that you might need to quit your job to go work as a food photographer.

People will fall for your photography.  
And they certainly won't doubt your skills for one second.  
Not kidding. This is powerful stuff.

Listen, many photographers don't know these techniques we talked about in this guide. But right now, you can get your hands on all the secrets to create stunning food photography that will attract your dream audience.

All you have to do now is take it.

*Click here  
to level-up your  
food photography*

