

# HOW TO SHOOT IN RESTAURANTS

**CHEAT SHEETS**



PRESENTS

TIP 1:  
GO WHEN THEY ARE  
NOT BUSY



The staff can be more helpful, they can help you setup and pose for you! The chefs can focus on the shoot and follow your schedule.

TIP 2:  
CHASE THE LIGHT



Find the best spot for light, usually by the window or outside.  
Ask them to switch off the ceiling lights in that area and set up your table there.

TIP 3:  
DARK RESTAURANT?  
BRING YOUR FLASH



When you start shooting for restaurants professionally, bring your own flash! Providing this service will set you apart from the competition and you can charge more.

TIP 4:  
CONSIDER YOUR  
BACKGROUND



You want to capture the atmosphere of the restaurant without distracting. A table in the corner with a wall as a background generally works. You can try the floor too!

**TIP 5:  
INCLUDE THE STYLE  
AND PERSONALITY**



Use elements of the restaurant's design in your story like chairs, walls, table corners, napkins and cutlery.

Convey a sense of place and show the unique style of the restaurant!

TIP 6:  
GO CLOSE AND MAKE  
THE VIEWER HUNGRY



Close up shots are very effective at capturing your viewer's attention and make them hungry.  
A restaurant is (mainly) about the food so showcase it!

TIP 7:  
PLAY WITH YOUR FOOD



Once you're done with your close-ups, ask one of the servers to help you make some mess! Pull, drizzles, cuts, add some movement to your food!



TIP 8:  
WORK WITH THE CHEF



Talk to the chef and ask them to add the final touches and garnish the dish where you have your setup.

This will give you the chance to capture amazing action shots!

TIP 9:  
TELL THE WHOLE STORY  
SPREADS



Accompany your close up shots with wider frames that include multiple dishes, abundant spreads with drinks and the lot.

TIP 10:  
TELL THE WHOLE STORY  
INTERIORS



Between a dish and the next, look around the room and spot some nice interior shots, details of the decor, an interesting menu on a table.

TIP 11:  
SHOOT DIFFERENT  
CROPS AND ANGLES



foodism

FEATURES GUIDES REVIEWS FOODISM 100 RECIPES MAGAZINE WIN

**25. Sabor's new cocktail list**  
35-37 HEDDON STREET, W1B 4BR



Find out where and how the images are going to be used and make sure you shoot different crops and angles to fit different media

Sabor is launching a cocktail list inspired by Spanish ingredients, inc

# Congratulations! 🙌

You finished the cheat sheets and are now a food photography wizard. Almost.

What's next?

Turn these skills into \$\$\$\$\$\$

## *Business Roadmap* FOR FOOD PHOTOGRAPHERS

Make thousands \$\$\$\$ doing what you love

Work with your dream clients and big brands

Be your own boss and thrive in your life

Become a professional food photographer, easily and with a **step-by-step coaching program**.

- ✓ Attract clients who are dying to pay you
- ✓ Charge confidently for your work
- ✓ Boost your income and make more money with less work

I wanna make  
money!

"I made \$42,000 from photography this year!!

Thank you for all your help at the beginning, you set me up with such a good foundation.

My goal for next year is \$100k, I'm so excited to quit my day job!

I quoted my first 1k project today for a restaurant at a hotel owned by Hilton!!  
Waiting on the response nervously 😂❤️ thank you for all your support always



"Working with Giulia was one of the best investments I've made in my business. She catered our mentoring sessions to my needs going above and beyond to help me figure out how to accurately (and confidently!) price my work, understand licensing and streamline my workflow all of which have been game changers for my business."

mentoring session in remaining openess 🍷

I had another restaurant in that same city reach out to me today so the inquiries keep coming so either way I'm feeling good!!



I've had so many inquiries about restaurant and commercial photography! I'm shocked with how much better I've gotten when I look back

yes! I'm very very excited with how much better I've gotten as well as how much people are noticing it. It makes all the investments I've made seem so worth it

"I loved our session this week! I felt like I was walking on air and for the first time really felt like I can crack this and there is a chance of making some good money! It has lifted me in a time when things seem to be falling apart. It's a total delight and pleasure to have you as my mentor!!"

"Thank you! Your support means the world and truly gives me the confidence to ask for what I'm worth! I felt so empowered and excited after our first call and can't wait to level up my food photography business."

I had a meeting with **Massive international food brand** and they inquired about me shooting 5-6 recipes for them over a year contract and then I just quoted a **Big government entity** to do a 2 day shoot for them (it's an international campaign)!!! It's incredible seeing the support and interest in my work. I have my first **Client name** session today and I have 5 more **Restaurants** booked the next 2 weeks 🤯 it really feels surreal!

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# Want these results?

Apply to the Business roadmap coaching program and skyrocket your career today.

Get the help of two coaches, expert guidance, practical tools, accountability and motivation so you can achieve your dream career faster!

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[APPLY NOW!](#)