



How It Works

It's so convenient! Browse through our delicious menus and place your order through email or text Monday through Sunday (\$50 minimum order). All meals are delivered fresh, not frozen, directly from our kitchen.

Order Schedule

Thursday by 5:00pm for scheduled delivery on Monday

Sunday by 5:00pm for scheduled delivery on Tuesday

Monday by 5:00pm for scheduled delivery on Wednesday

Tuesday by 5:00pm for scheduled delivery on Thursday

Wednesday by 5:00pm for scheduled delivery on Friday

Our Menu Can Be Ordered by Meal Plan, A la Carte or Family Meal

Our menus includes breakfast items, salads, power bowls, soups and portioned meals for lunch or dinner. Specials change monthly and reflect seasonal availability.

Our portioned Healthy Meals include 2 side dishes, with the option of choosing specific sides. Choose from our designed Healthy Meals, al a carte, family meals that will feed 5 or create your own.

Meals are fully cooked (except some breakfast items, salads and power bowls), and delivered cold. Our meals are fresh, not frozen. All you do is open a jar or heat and eat!

It's completely up to you how often you order or how you create your meals. Our Healthy Meals portions are generous and designed to satisfy a hungry adult.

Simply order by

Email: amber@healthymealscharleston.com

Text or Call: 843.696.4542

Cooking Instructions

Our hot entrees arrive fresh. They are never frozen. All you have to do is heat and eat. There's no shopping, no prep, no cooking and no cleanup needed.

*Meals arrive fresh and ready to eat.

*Refrigerate your meals after arrival.

Microwave (Preferred Method)

1. Place package into microwave.
2. Microwave for 1:30 to 2:00 minutes or until heated through. Microwave times vary.

Conventional Oven

1. Preheat oven to 350 degrees.
2. Place food in oven safe container.
3. Heat for 8-10 minutes or until heated through.
4. Do not place container in oven.

Delivered to Your Door

We deliver Monday through Friday to the greater Charleston, Mt Pleasant, N Charleston and the Islands. A nominal delivery and processing charge of \$7 will be added to the first delivery each week. You can schedule up to 2 deliveries per week. The second delivery in a week will have a \$5 charge. Delivery and processing is free for any order over \$150 for the week!

We offer the following delivery choices:

Face to Face Service

Someone will be home to receive the delivery.

Key/Concierge Service

You provide access to your home by a key or keypad. We can place your meals directly into your refrigerator!

Porch Service

Meals will be left on your porch or pre-designated area.

NOTE: If you are not home when your delivery is made, please leave a large cooler at your doorstep with cold ice packs to help ensure your meals stay cold until your arrival home.