



COVID-19 UPDATE

Your safety is a top priority. Healthy Meals & Charleston Catering continue to monitor all correspondence from CDC and DHEC. We will continue to maintain strict guidelines for our sanitary conditions and take all precautions to insure the safety of our customers, employees and fellow citizens.

How It Works

It's so convenient! Browse through our "Game Changer Package" and place your order through email or text Monday through Sunday. All meals are delivered fresh directly from our kitchen.

Our Menu Can Be Ordered Monthly or Weekly

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

Our portioned Meals include 2 side dishes.

Meals are fully cooked (except some breakfast items, salads and power bowls), and delivered. Just simply open a jar or heat and eat!

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

Ordering

We deliver Wednesday through Friday (delivery charges may apply)

Friday by 5:00 for Tuesday delivery
Sunday by 5:00 Wednesday delivery
Monday by 5:00 for Thursday delivery
Tuesday by 5:00 for Friday delivery

Delivered to Your Door

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 and text will be sent alerting you the delivery outside. 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.

Cooking Instructions

Our hot entrees arrive fresh simply heat and eat.

There's no shopping, no prep, no cooking and no cleanup needed.

*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.