



Meal Plan Packages

Weekly Plans

Breakfast Weekly \$40

5 Breakfast Meals

Lunch Dinner Weekly \$55

5 Lunch/Dinner Meals

Two Week Plan

Option 1 \$200

18 Meals with Breakfast

Option 2 \$132

12 Lunch/Dinner Meals

Monthly Plan

Option 1 \$380

36 Meals with Breakfast

Option 2 \$240

24 meals without breakfast

Lunch Meal Plan \$55

2 BYO Meals

2 Power Bowls

1 Mason Jar Salad

Professional Meal Plan \$90

1 Mason Jar Smoothie

1 Mason Jar Overnight Oats

1 Island Egg Muffin Meal

2 Power Bowls

2 Mason Jar Salads

1 Healthy Meal

1 BYO Meal

Variety Plan \$95

1 Mason Jar Smoothie

1 Mason Jar Parfait

1 Mason Jar Salad

1 Power Bowl

2 Healthy Meals

2 Special Meal

1 Grazing Bowl