
Inked Medic Chef – IMC L.L.C.

636. 751. 1937

inked.medic.chef@gmail.com

Meal Prep

OVERVIEW

Meal preparation eliminates the hassle of figuring out meals for the week, a busy life, or even work. This plan is customizable based on your needs and preferences. With varying membership options, this allows for an affordable and smooth meal option. For VIP – there is a ONE-TIME new member fee of \$100 that includes the following: customer sign-up, containers for your meals (to be sent back for orders so they can be reused for you,) a thermal bag for packaging, ice packs to keep food fresh during delivery, lower total meal cost, and opportunities for discounts. For non-VIP, it is FREE to sign up, just pay the weekly preparation cost and an additional 5% on top of the total meal cost.

Becoming a Member

- You will be sent a new customer form to sign up and be placed as a returning customer.
- After signing up, you will be sent our welcome packet and an understanding agreement to sign after reading the packet.
- You will then be sent a form in regards to your needs, any allergies, diet restrictions, etc.

Ordering Meals/Charging of Meals

- You will be sent the menu for the week on Sunday prior to the meal prep week, along with the order form link
- Submissions for meals will need to be placed before the Wednesday (before 12pm CST) prior to meal preparation
- Payments need to be made in full no later than Friday at 12pm of the week the menu is sent
- You will be charged by the week for your meals. Prices will vary depending on the number of meals ordered, types of meals, varying grocery costs, and membership status.
- **Breakfast ranges from \$8-10, Lunch ranges from \$11-15, Dinner ranges from \$16-22.**
- All meals are prepackaged. Containers need to be washed and returned prior to next order fulfillment

OTHER INFORMATION

How To Get Your Meals

You will have the option of porch pick up or delivery. Porch pick-up will have specific time options. Delivery will be at set times based on the scheduling of the delivery driver, there is a fee included per mile. All meals will be packaged in containers (which will need to be washed and returned before your next purchase.)

Payment Methods

Payment will be requested in full when your order is placed to allow for purchasing of groceries/supplies. Payments will be accepted via Venmo, PayPal, check, or cash. You will receive a receipt for your purchase as well as an invoice once paid in full.

Containers Disclaimer

Containers will need to be cleaned and returned for your next order – these can be exchanged at the time of delivery/pick-up of your order. If you would like to keep the containers, they are available for purchase.

Other Fees

Beginning on January 1, 2024 there will be a change in fees. Total meal costs will have a percentage added to reimburse the company – VIP is 20% and Non-VIP is 25%. There will be an hourly chef fee, calculated by total time spent, and is charged after completion of the meals. This fee pays the chef for the order processing, grocery shopping, preparation/cooking, packaging, sanitation, arrangement of delivery and/or pick up, as well as the small paperwork (invoice, receipt, etc) that goes to each customer.