**Two Vegan Sistas Meal Plans**

**A great way to save money and transition to a healthier lifestyle.**

6343 Summer Ave, #110

Memphis, TN 38134

1-800-984-0379

[www.twovegansistas.com](http://www.twovegansistas.com)

**Typical Meal Plans:**

* **Provide about 600 calories per meal and 20% or less fat per day.**
* **Are nutrient dense**
* **Are prepared fresh from scratch using soy free, mostly gluten free, and mostly organic ingredients.**
* **Do not contain preservatives, nor trans fats, nor refined sugars.**

**WE DO NOT GIVE YOU ALL OF THE MEALS AT ONE TIME!!!**

**YOU MUST ORDER YOUR MEALS 24 hours in advance**

**$75 Meal Plan**

You can receive 10 meals from our weekly rotating menu. Meals are considered an entree with a side or a breakfast entrée with a small beverage. If you do not choose sides, we automatically give you tossed salad as a side. WE DO NOT CHOOSE MEALS FOR CLIENTS SINCE WE DO NOT KNOW YOUR TASTE.

Add-on Options:

Add five16oz beverages for $30 AND/OR Add 5 desserts for $20.

You can email your meal choices and/or any allergies to [twovegansistas@gmail.com](mailto:twovegansistas@gmail.com) or call. This meal plan is designed for 5 days, but you have 30 days before it expires.

**$95 Meal Plan**

You receive14 meals from our rotating menu. Meals are considered an entree with a side or a breakfast entrée with a small beverage. If you do not choose sides, we automatically give you tossed salad as a side. WE DO NOT CHOOSE MEALS FOR CLIENTS SINCE WE DO NOT KNOW YOUR TASTE.

Add-On Options:

Add seven 16oz beverages for $42 AND/OR Add 7 desserts for $28.

You can email your meal choices and/or any allergies to [twovegansistas@gmail.com](mailto:twovegansistas@gmail.com) or call. This meal plan is designed for 7 days, but you have 30 days before it expires.

**$99 Three Day Smoothie Detox-**Consists of 9 Quarts of nutrient dense, meal replacing smoothies. You can pick these up all at once.

**$199 Three Day Juice Detox-**Consists of 9 Quarts of nutrient dense, cold pressed fruit and vegetable juice. You can pick these up all at once.

**\*\*\*For optimal results, you should not eat other foods while on these plans. Also, exercise enhances results.**

**\*\*\*Over the years, we have received glowing testimonials about all of our meal plans. Customers have shared that the meal plans have helped them to lose weight, lower their blood pressure, lower their blood sugar, lower cholesterol give them energy, stop rectal bleeding, make their finger nails grow, and more!**