



PRICING - JUST MEALS

Meals designed by nutrition professionals and prepared by skilled chefs using fresh, natural ingredients. Thoughtfully crafted to support your lifestyle, with individually portioned and packaged meals ready when you are.

nibble

The perfect choice for anyone looking for supplemental meals but still want to be able to cook a little or enjoy meals out with friends a few nights each week, too.

3 Meals

**STARTING FROM
\$60/WEEK**

Add 3 Breakfasts +\$36
Add 3 Lunches +\$45
All-in- 3 breakfasts & Lunches
+\$79

nosh

This is our most popular service - and for good reason! The NOSH service is "the sweet spot" for most people who are looking for help getting healthy food on the table every day.

5 Meals

**STARTING FROM
\$80/WEEK**

Add 5 Breakfasts +\$55
Add 5 Lunches +\$65
All-in- 5 breakfasts & Lunches
+\$105

For all in plans, your meals will be divided up between 9-11 recipes and 15 portions total.

feast

Do you wish you never again had to answer the "what's for dinner question?" Let us solve this dilemma. Our full-service option is tailored for anyone looking for an all-in dinner option.

7 Meals

**STARTING FROM
\$105/WEEK**

Add 7 Breakfasts +\$70
Add 7 Lunches +\$84
All-in- 7 breakfasts & Lunches
+\$140

For all in plans, your meals will be divided up between 12-14 recipes and 21 portions total.

30% OFF additional person- with meal plan service agreement of 4 weeks or more.
Plans are billed weekly and must be paid prior to each week's pick up.

Consider us your personal food fairies!





PRICING - BASIC FOOD PLANS WHEN PAIRED WITH NUTRITION SERVICES

Meals formulated by a nutrition professional, crafted by natural chefs,
made for your individual nutritional and lifestyle needs.
With individually portioned and packed meals... We've got you covered.

mini

The perfect choice for **singles** looking for supplemental meals but still want to be able to cook a little or enjoy meals out with friends a few nights each week, too.

3 Days of Meals

- 3 breakfasts
- 3 lunches
- 3 dinners

Your meals will be divided up between 4-7 recipes and 9 portions total.

**STARTING FROM
\$135/WEEK**

half

This is our most popular service - and for good reason! The Half service is "the sweet spot" for most people who are looking for help getting healthy food on the table every day.

5 Days

- 5 breakfasts
- 5 lunches
- 5 dinners

Your meals will be divided up between 6-9 recipes and 15 portions total.

**STARTING FROM
\$250/WEEK**

full

Do you wish you never again had to answer the "what's for dinner question?" Let us solve this dilemma. Our full-service option is tailored for anyone looking for an all-in option.

7 Days

- 7 breakfasts
- 7 lunches
- 7 dinners
- 7 snacks

Your meals will be divided up between 8-12 recipes and 21 portions total, with a variety of daily snacks.

**STARTING FROM
\$360/WEEK**

30% OFF additional person- with meal plan agreement

**Consider us your food fairies - your wish is our command!
Whatever it takes to take care of your nutritional needs
is how we will tailor your service to provide.**





PROFESSIONAL NUTRITION SERVICES

Nutrition sessions are an important part of who we are and what we do. Our primary focus is to help you be your best you. Our Professional Nutrition Services are a must for clients wanting meal services, starting with an initial welcome session.

We recommend weekly follow-up sessions for the first month and monthly sessions thereafter unless we are helping you work through a health-related nutritional protocol that requires more intensive monitoring and work.

Welcome Session \$100 (60-90 minutes)

Follow-Up Sessions \$75 (30-45 minutes)

Check-In Phone Calls \$25 (15-20 minutes)

**Package plans are available for nutrition services.*

**STARTING
AT \$100**

HOME VISITS/DELIVERY

It's important to us to be there when and where you need us. That's why we offer home visits and delivery.

\$35 up to 20 miles round trip

\$1/ mile for each additional mile

**STARTING
AT \$35**

PREMIUM & SPECIALTY FOODS

We know that sometimes there's just something outside of the norm that you have a craving for. We are happy to accommodate special requests from our **nutritional support plan** clients whenever possible.

Pricing is dependent on availability and grocery cost.

**STARTING
AT \$5**

SNACKS

Everybody loves to have a snack and for some, it's really important to ensure a steady stream of healthful options are available when that craving hits. Let us stock up your snack basket with healthy customized options.

Snacks a'la carte \$5 each.

**\$5 PER
SNACK**

EXTRA MEALS

Got company joining you for a meal?

No worries, we have you covered.

We will be happy to add extra meals to your current plan.

Just give us 7 days advanced notice from your delivery or pick up date.

**QUOTED
PER
REQUEST**





NUTRITIONAL SUPPORT PLANS

Consider us your **Holistic Nutrition & Wellness Architects!**

Together, we will build a relationship that focuses on your entire well-being, including sleep, energy, and your relationship with food.

learn

The perfect choice for getting started on your journey with food. This package includes three months of regular check-ins to navigate challenges, celebrate wins, and adjust your course as needed.

3 Months of Nutrition Services

- 1 welcome session
- 5 follow-up sessions
- 6 check-in phone calls

**\$775 VALUE
ONLY \$650**

Billed Monthly- \$258.33

grow

This is the sweet spot for solidifying good lifestyle and nutrition habits. Four months of weekly sessions that will help you build a customized roadmap for your weekly meals, designed to fit your goals and lifestyle.

4 months intensive

- 1 welcome session
- 15 follow-up sessions
- 8 check-in phone calls

**\$1,425 VALUE
ONLY \$1,225**

Billed Monthly- \$306.25

thrive

Our all-in plan gives you total support. Six months of weekly sessions that provide in-depth analysis of your food and habits to uncover surprising trends and focus on what truly works for you. Access to expert support for quick questions and encouragement.

6 months complete

- 1 welcome session
- 23 weekly follow-up sessions
- 24 check-in phone calls

**\$2,425 VALUE
ONLY \$1,925**

Billed Monthly- \$320.83

A la carte sessions are charged at regular rates and due at time of service.



Welcome Session

\$100 (60-90 minutes)

The foundation of our services, our welcome session, is an intensive dive into your current nutritional and lifestyle habits. In this session, we will uncover details that will help us pave the way for your successful journey.

Follow-Up Sessions

\$75 (30-45 minutes)

Personalized analysis of your food and lifestyle habits to uncover surprising trends and focus on what truly works for you!

Check-In Phone Calls

\$25 (15-20 minutes)

Regular check-ins to navigate challenges, celebrate wins, and adjust your course as needed.

Meal Planning Sessions

\$50 (30 minutes) or \$100 (60 minutes)

Streamlined meal planning that takes the stress out of cooking, so you can enjoy your food and your life.

Guided Grocery Store Shopping Session

\$125 (60-90 minutes)

A guide to navigating grocery stores to find healthy, affordable, and delicious ingredients

Daily Personalized Texts

\$20 /7 days (add-on only)

A personalized message filled with reminders, tips, and encouragement for your journey.

Weekly Group Text Tidbits

\$10/ 5 days (add-on only)

A curated collection of guides, videos, and articles to empower you with nutritional knowledge.