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MEAL DELIVERY SERVICE

description, menus and pricing

WHAT TO EXPECT

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PICK THE PROGRAM THAT IS RIGHT FOR YOU

YOU CAN CHOOSE FROM A FEW OFFERINGS

- THE 3 DAYS MEALS OFFERS CONVENIENCE AT A MINIMUM COMMITMENT. THE MEALS COVER 3 DAYS, BREAKFASTS, LUNCHES AND DINNERS AND LET YOU FREEZE SOME ITEMS FOR LATER TIME.

FOR \$350

- 3 DAYS MEAL FOR 3 WEEKS, THIS BUNDLE IS FOR THE ONES THAT WANT A RECURRING SERVICE. IT IS THE MOST ECONOMICAL OFFERING AND TAKES THE HEADACHES OF PLANNING MEALS AWAY.

FOR \$950 (\$100 SAVING)

- SPECIAL CLEANSSES: EACH MONTH I OFFER A 5 DAYS CLEANSE TO HELP YOU RESET AND START FRESH. IT CAN BE A SOUP AND BROTH DETOX, A LIVER DETOX, A SUGAR FREE RESET... THE THEMES ARE ROTATING .

FOR \$450

DELIVERIES

THE 3 DAYS OF MEALS ARE DELIVERED ONCE A WEEK (TUESDAYS) MOST OFTEN IN THE EVENING. THE DAYS MIGHT CHANGE DEPENDING ON HOLIDAYS.

THE 5 DAYS CLEANSSES ARE DELIVERED IN TWO TIMES (TUESDAYS AND THURSDAYS)

THE DELIVERY IS FOR THE EAST SIDE OF LOS ANGELES, OTHER LOCATIONS (IN LOS ANGELES OR SANTA BARBARA) GET CHARGED EXTRA FEE UPON ORDER APPROVAL.



An anti-inflammatory diet, rich in fruits, vegetables, and omega-3 fatty acids, brings significant health benefits. By mitigating chronic inflammation, it supports heart health, improves joint function, and reduces the risk of chronic diseases. This dietary approach aids in managing conditions like arthritis, promotes weight control, and stabilizes blood sugar levels. Focused on whole foods and minimal processed items, it fosters digestive health and helps maintain a balanced immune system, potentially lowering the risk of autoimmune disorders and contributing to overall well-being.



Pre-prepared meals offer convenience and time-saving benefits. These meals adhere to a gluten-free and dairy-free program, providing a wholesome and hassle-free dietary option without the need for personalization. The focus is on offering a straightforward solution for individuals seeking a specific nutritional approach while maintaining practicality in their daily routines.



The meals are delivered at your door once or twice a week depending on the program. often the lunch dishes are to be eaten cold (ideal for office lunch) and the dinner dishes are freezer friendly for convenience.

@midi-foods



SAMPLE MENU

DAY 1

Breakfast : overnight oat with laurel infused coconut milk and seasonal compote

Lunch: Millet and crunchy veggies bowl with avocado green goddess dressing

Snack : carrot and red lentil dip

Dinner: eggplant curry with cardamom rice and sautéed kale

DAY 2

Breakfast: kiwi chia pudding

Snack: chocolate truffles

Lunch : groat and broccoli caesar salad

Dinner: Vegan pistou soup



DAY 3

Breakfast: overnight oat with coconut cardamom milk and blueberry green tea compote

Snack: GF mini olive cake

Lunch: Hippie brown rice salad

Dinner: coconut tomato masala soup with tofu "croutons"



Organic



Plant-based



Dairy-free



Gluten-free



Non-GMO



Refined-Sugar