

## ***THE TRADITIONAL OPTION\****

This service is available to clients who would like to select from our Traditional Menu. This plan includes all of the services that are listed below and includes the cost of food.

5 Entrees	4 Servings of Each (20 Meals)	\$375
5 Entrees,	2 Servings of Each (10 Meals)	\$325
3 Entrees,	4 Servings of Each (12 Meals)	\$250
3 Entrees	2 Servings of Each (6 Meals)	\$200

\*Other pricing plans are available.

## ***HEALTHY LIFESTYLE OPTION\****

Enjoy delicious low fat, low calorie and portion-controlled meals from our Healthy Lifestyle Menu. This plan includes the cost of food and all of the services listed below. Combine this option with our balanced nutrition and/or our weight loss system, and you are well on your way to nourishing your healthy lifestyle.

5 Entrees	4 Servings of Each (20 Meals)	\$375
5 Entrees,	2 Servings of Each (10 Meals)	\$325
3 Entrees,	4 Servings of Each (12 Meals)	\$250
3 Entrees	2 Servings of Each (6 Meals)	\$200

\*Other pricing plans are available.

\*Balanced nutrition and weight loss system products are priced separately.

## ***SPECIAL CHARGES***

Salads (including home made dressings)	Serves 4	\$15.00
Homemade Soup (in addition to selected entrees)	Serves 4	\$15.00
Cookies (3 Dozen)		\$15.00
Desserts (By Previous Arrangement)		\$15.00 – 25.00
Specialty Cakes		Fee on Request
Grocery Shopping		
(Additional Items — Provide list 48 hrs. in advance)		No Charge

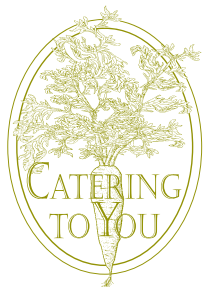
## ***SPECIAL EVENTS***

- **PRIVATE DINNER PARTIES**  
Fees will be provided based on number of guests and menu.
- **COOKING CLASSES IN YOUR HOME**  
Participation or Demonstration – fees upon request based on number of students and menu.
- **GIFT CERTIFICATES**  
Price based on number entrees and all-inclusive or fresh service option.
- **ALL FEES PAYABLE IN ADVANCE**  
Personal checks and cash accepted.
- **NO CREDIT FOR CANCELLATIONS LESS THAN 48 HOURS  
IN ADVANCE OF COOK DATE**

Pricing includes all services, including menu planning, dietary counseling, grocery shopping, meal preparation, meal packaging, labeling, and full instructions for heating and serving. Most entrées include an appropriate side dish and are generously portioned. One-dish meals may not include a side dish. A second side dish for an entrée is available at a cost of \$15.00 per side of four servings. Soups, salads and desserts are not included, but are available at an extra charge as listed under special charges. Menu selections are due 48 hours prior to the cook date and can be made by email.

- A one-time Container Fee is charged for all customers.
- A travel charge will apply for all travel outside 25-mile radius of our location.

**9/07 PRICES SUBJECT TO CHANGE WITHOUT NOTICE.**



**A PERSONAL  
CHEF SERVICE**

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