

Auto Pilot

Details:

- This is a month-long program where you can pause it at any time. Simply pause your order 48 hours before the next delivery via email or phone call!
- Substitutions are limited to options below
- Month is paid full upon order, \$408 for 4 weeks of breakfast lunch & dinner
- 1 complimentary Immune boosting shot is added every week!

Monday-Thursday

- Protein breakfast smoothie (Different flavor each day: Blueberry, strawberry, tropical, citrus) Made with almond milk, organic protein 21g, chia seeds, fruit
- Lunch is a protein packed balanced meal that is low in fat from our weekly rotating menu.
- Dinner is balanced and served with a complex carb to help the metabolism continue to burn fat. This meal will be from our weekly rotating RWL menu keeping you lean and nutrient rich!

Substitution options:

- Protein shake can be substituted for garden egg white muffins
- Protein shake flavors can be limited if you do not want a rotation in flavors.
- A salad with chicken breast, cucumbers, tomato, carrots and a lemon vinaigrette dressing can be substituted in for lunch
- Dinner with no carbs can be substituted in for dinner or use of brown rice
- Vegetables & protein can be substituted in any meal during our weekly rotating menu
- If you are over 200lbs and need more protein we suggest the larger portion size for just \$10 more per week! You will find a larger portion of protein & vegetables in each dish.