

Welcome to Prepared Meals LI!

We are excited to welcome you to our delicious dairy-free prepared meals program! Nutritional coaching and options to customize a plan based on your lifestyle and goals are included in our services.

Our options

- **Meal Program: Lifestyle** - Breakfast lunch & dinner balanced throughout the week with an ever changing weekly menu
- **Meal Program: Rapid Weight Loss** - A 14 day program that is customized by your height, weight and weight loss goal to help you lose up to a pound a day.
- **3 Day Soup Cleanse** - Getting ready for an event, vacation or returning from vacation? Find more information below on this nutrition packed plan.
- **A la Carte** - Just looking to choose a few meals to be delivered to your door weekly? Take a look at our healthy meals on the go and let us know what we can deliver!

Program Details & Pricing

- ***FatBurning Lifestyle***: This is our most popular program which allows you the freedom to customize how many days you'd like to receive or even order just one meal a day if desired. This program can be geared towards weight loss or used to maintain health and follows the Fast Metabolism Diet rules created by Haylie Pomroy. We offer a continual enrollment for this program which can be canceled or altered within a 48 hour notice prior to delivery. A fresh new menu is released weekly!

Pricing below includes breakfast lunch dinner

199lbs or less
\$29 per day

200-249lbs
\$31 per day

250+
\$34 per day

Ordering just one or two meals a day? Two size options available (under or over 200lbs)

Breakfast

\$7 under 200lbs

\$8 200lbs+

Lunch

\$11 under

200lbs

\$12 200lbs+

Dinner

\$12 under

200lbs

\$14 200lb+

- **3 day soup cleanse:** \$99 for 3 days

Helps to alleviate stress, curbs cravings, balances out insulin levels, brings the body back to fat burning pH balance, lose the belly bloat & puffiness.

Includes:

Breakfast smoothie

3 soups to enjoy through the day

2 pieces of fruit for the day

3 craft brewed teas to add to meals

- **14/14 Rapid Weight Loss (*offered once a month, please inquire on date):** The goal is to lose 14 pounds in 14 days and we recommend daily check-ins with our nutrition coach so we are able to customize your plan by changing it daily!
This plan is not recommended if you are on certain medications or if you have removed your thyroid or gallbladder.

Please fill out a questionnaire to see if this is the best fit for YOU!

The RWL is 14 consecutive days and is breakfast lunch and dinner

- Under 140lbs - \$33 per day

- 141-199lbs - \$34
- 200 - 250 lbs \$36
- 250lbs + \$38

- *Hormone, Digestive system or Inflammation Cleanse:* These 3 cleanses are only offered to clients who need to correct one of these systems and must be scheduled with Rachel, our nutrition coach. Each cleanse is focused on food healing the body and further information can be received by contacting our team, answering a questionnaire and scheduling. Each cleanse includes healing soups & teas, nutrient rich lunch & dinners as well as a superfood packed smoothie for breakfast. Each cleanse is \$34 per day due to the organic ingredients & herbs used throughout.

Food is delivered every Monday, Wednesday & Friday to ensure freshness! Waking up these days to a fresh cooler on your doorstep and starting your day off right. All meals in the cooler are labeled on what meal they are and when to eat. We have a \$15 door delivery fee that is applied once a week to your order.

Be sure to check out our Instagram or facebook to see the latest and greatest meals we have featured.

Best,

Rachel Silvia & The Prepared Meals Team

www.preparedmealsli.com