



Package Meal Price List:

\$60 set-up fee includes:

- ◆ Two insulated travel bags
- ◆ Individual serving containers for all meals/snacks

\$150/week or \$500/month (\$100 savings)

- ◆ Three meals (breakfast, lunch and dinner) for 5 days
- ◆ Two snacks (morning and afternoon) for 5 days
- ◆ Additional meals can be purchased for \$30
- ◆ Gym Delivery – No additional charge (Inner Athlete – San Leandro, CA)
- ◆ On Site Pick-up – No additional charge (Oakland, CA)
- ◆ Home delivery – \$25 per delivery

NOTE:

Client is responsible for returning their bag and used containers (must be CLEAN, free of any food/debris) upon delivery or pick-up of each order.

There is a \$20 charge to replace each insulated bag and \$3 for each container.

Menus will be available online weekly. Clients are responsible for making their favorite selections; otherwise selections will automatically be chosen.

Sample Menu

- ◆ Breakfast burrito
- ◆ White egg soufflé with sautéed vegetables
- ◆ Oatmeal or quinoa with spices, fruit and nuts
- ◆ Freshly pressed fruit and vegetable juice combinations
- ◆ Chicken and/or tofu fajitas
- ◆ Asian noodle salad
- ◆ Greek salad with dressing
- ◆ Fresh fruit cup
- ◆ Hummus and pita chips
- ◆ Chipotle butternut squash soup
- ◆ Mushroom and white bean soup
- ◆ Turkey chili
- ◆ Ratatouille
- ◆ Pan seared salmon with brown rice and vegetables
- ◆ Stuffed peppers

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