

## The Good for You Gourmet Service Packages

Each Good For You Gourmet service package has a set fee plus GST, with grocery costs ranging from \$8-12/portion, and based on the menu clients select each service date. On the day of service, Chef Laura arrives with armloads of fresh ingredients, and prepares clients menu in their home. The service fee plus grocery costs are invoiced and paid for on the same day as service. Clients may choose from the following service packages, or create a customized service plan to suit individual preferences.

**Fresh In A Flash x 16:** \$239 plus 11.95 GST with groceries based on menu (approx. \$128-192) Created for busy singles, students and independent seniors, this service provides a new selection of lunch and dinner meals every few weeks. Choose any four entrées, casseroles, soups or stews, and Chef Laura will stock up your fridge and freezer with four servings of each for a total of sixteen delicious meals. Recommended every 2-3 weeks for a single adult, every 1-2 weeks for 2 adults.

**Fresh In A Flash x 24:** \$269 plus 13.45 GST groceries based on menu (approx. \$192-260) Created for busy professionals, students and independent seniors, this service provides a new selection of lunch and dinner meals every few weeks. Choose any 3 entrées, casseroles, soups or stews, and Chef Laura will stock up your fridge and freezer with 8 servings of each for a total of 24 delicious servings. Recommended every 2-3 weeks for a single adult, every 1-2 weeks for 2 adults.

**Singles, Doubles & Seniors Service FEE:** \$289 plus 14.45 GST, groceries based on menu (\$288-375 approx.) Choose any 3 entrées recipes from our menu of entrees, casseroles, soups or stews, and we will prepare 12 servings of each, for a total of 36 single servings. We package, label and refrigerate or freeze these items, according to your preferences. Simply thaw and reheat the entrée, and enjoy!

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**Meals in Minutes Service x 48** FEE: \$329 plus 16.45 GST, groceries based on menu (\$384-480 approx.) For those with busy schedules, this volume service provides our most cost efficient option. Provides a greater variety of wholesome entrées on hand, for quick and easy heat & eat meals in minutes! Choose any 4 entrées, casseroles, soups or stews from our menu, and we will prepare 12 servings of each for a total of 48 servings, made to your families exacting preferences and ready when you are.

**Mini Meals In Minutes x 32:** \$279 plus 13.96 GST with groceries based on menu (approx. \$300-325). Designed for those with busy schedules, this service provides a great selection of wholesome entrées to have on hand. Choose any 4 entrées, casseroles, soups, stews or chowders, and Chef Laura will make 8 servings of each for a total of 32 delicious servings.

**Customized Service** Do you have your own ideas about how you would like your service to look? No problem! We offer the option of creating your own customized service, where you can design a package to suit your vision and budget. We can take care of all your mealtime requirements (breakfast, lunch and dinner), so you barely need to lift a finger For families with special dietary needs, such as gluten or lactose intolerance, we will work with you to create a customized service. Fees for custom services vary based on requirements to provide the service. Grocery costs will vary for each service, and are reimbursed on day of service, in addition to the service fee

