



## HOW IT WORKS:

We are excited to have you join us, and look forward to providing you with fresh-cooked, delicious, wholesome meals. Meals are delivered between 2:00 pm and 5pm Mondays and Wednesdays immediately after they are cooked and chilled. Meals are good in the fridge for at least 4 days or they can be frozen so why not order several to have on hand?

**Preferred Pricing or Regular-** Because we pay a transaction fee every time we charge a card, if you set up a recurring charge of at least \$80, you will get the lower price of \$11.95 per meal/\$29.95 per family meal. If you order as needed (a la carte) the meals are \$13.95 per meal/\$34.95 for family meals. Your payment goes into your “digital wallet” to be used toward meals. If you order more than your wallet balance, you still get preferred pricing. If you order less, the remaining amount stays in your wallet for future orders. Put charges on hold or cancel anytime. Of course you are always welcome back! You can choose several weeks of meals right away, or just let us know your selections by 1PM the Thursday before your delivery. The recurring charges renew every 4 weeks. If you order A la carte, you will not be charged again until your next order.

**\*\*We can give you the preferred pricing without a recurring charge if you order several meals at a time. They do not need to be all in one week. Just contact us and we can set this up for you.**

## **We Are Very Flexible!! Vacation, Service Breaks and Ordering**

We want our customers to be happy! If you will be away for vacation, need to cancel or add meals, change your selections or cancel your recurring plan, simply log in and make your changes, send an email, or give us a call. You will never pay for meals you did not get. Additions and new orders can be done on the website or feel free to call or send an email with selection numbers. You may order several weeks at a time if you would like. We shop for the whole week on Thursday so we would like to know about any changes by **1 PM the Thursday before your delivery** (we will plan to accommodate late orders until sold out ).

**Portions-** Our portions will satisfy one hungry adult. Our Family Meal serves two adults and two kids under age 12 or 3 adults and is equal to approximately 3 of the regular adult portions.

**Delivery-** Meals are delivered between 2:00 and 5:00. Delivery is FREE in many zip codes. If you are not in our free area we can likely still deliver to you for a small charge. If Wednesday delivery is ok, you could order any or all of the meals offered in a week, including the meals cooked Monday, and pay one delivery charge. You could also split the charge if you have coworkers, friends or neighbors getting a delivery at the same location.

You don't need to be home for the delivery. Some leave out a cooler or if you prefer, we can provide an insulated bag for \$10. Depending on how busy the route is, we may need to ring the bell and then just leave the meal. Some days, if we waited for everyone who ends up not being home, we would run very late and we don't want anyone to be starving!

**Tipping is not expected!** However, we do not tell the drivers that they must refuse tips.

**We Are Open To Feedback!** We strive daily to make improvements so please feel free to let us know your thoughts on how we can be better.

**SEE BACK**

## HEATING INSTRUCTIONS

All of the meals are fully cooked so they just need to be warmed in a microwave or regular oven. Meals are delivered in highly durable plastic containers which can be used in microwaves and dishwashers. They can be reused by you or recycled.

**\*\*FOR ALL MEALS:** *Please check to see if the meal contains an item to be removed before heating such as a plastic cup, topping packet or an item in waxed paper. If so, reduce time by 1 minute.*

### **Single Meals:**

**Microwave:** **KEEP THE LID ON TIGHT** and pop in the microwave on high 2-4 minutes depending on the weight and density of the meal. Let stand 30 seconds. Feel the outside of the container in the center of the bottom. If it's not warm, add 30 seconds. If heating from frozen, move to refrigerator a day ahead and heat normally or heat on power level 3 for 2 minutes and then heat normally.

**OR**

**Oven:** Transfer to an oven safe dish and heat covered at 350 degrees approximately 15 minutes until heated.

### **Family Meals:**

**Microwave:** **KEEP THE LID ON TIGHT** and pop in the microwave on high 3-7 minutes depending on the weight and density of the meal. Let stand 30 seconds. Feel the outside of the container in the center of the bottom. If it's not warm, add 1 minute.

**OR**

**Oven:** Transfer to an oven safe dish and heat covered at 350 degrees approximately 20 minutes until heated.

**Soups:** Transfer to a microwave safe bowl and cover loosely. Heat on high 1 minute 30 seconds. Stir. Add 30 seconds if not hot.

**Egg Selections:** Heat on high 1 minute 30 seconds. Add 30 seconds if not hot in center.

Please feel free to call or email anytime with questions or feedback.

Thank you for your business!

ENJOY!