


PREMIUM MEAL PREP PLANS



	Essential Meal Prep	Signature Meal Prep	Premier Meal Prep
Best For	Simple & streamlined for busy individuals or families.	Balanced meals for growing families and larger appetites.	Fully personalized service for athletes, professionals, and high-performance households.
Included			
Custom Menus	Included	Included	Included
Portioning Method	Single or Family Style	Single or Family Style	Single or Family Style
Shopping	Included	Included	Included
Food Preparation	Included	Included	Included
Packaging	Included	Included	Included
Delivery	Delivery included within 10 miles of our kitchen \$3 per mile thereafter		
Custom Ingredient Statement	Included	Included	Included
Custom Client Recipe	Included	Included	Included
Level of Customization	Core preferences & allergies accommodated	Preferences, dislikes, and household balance considered	Fully customizable menus with no preset limits
Individual Portion Preferences	Additional Fees may apply when preparing meals requiring separate production runs	Additional Fees may apply when preparing meals requiring separate production runs	Included
Client Support	Email/Text/Phone	Email/Text/Phone	Email/Text/Phone & Direct Chef Access
Custom Macros	Add on: \$95 per week	Add on: \$95 per week	Included
Service Fee Annual Bill Credit on Anniversary	Included	Included	Included
Weekly Service Fee Minimum	\$180 (2 meals)	\$190 (2 Meals)	\$297 (3 Meals)
Dinner Service Fee (Excludes Grocery Reimbursement and Sales Tax)			
Base Meal Price (Up to 3 Servings)	\$90	 \$95	\$99
Additional Servings	\$29	\$25	\$21



1740 1st Ave S, Seattle, WA



425-312-3378



LentschCulinaryServices.com

**SERVING TACOMA
TO BELLINGHAM**