WEEKLY MEAL PREP OPTIONS

LENTSCH Culinary Services

	Curated Weekly Meal Delivery	Signature Premium Meal Prep Subscription	Concierge Premium Meal Prep Subscription
Best For	Busy professionals & families who want incredible food without the decision fatigue.	Customized menus based on your allergies, preferences, and goals. Recurring support with flexible scheduling.	High-performance professionals, athletes & families with complex dietary needs.
Service Includes			
Menus	Curated	Fully Customized	
All Plans include: Single or Family style portions, shopping, food preparation, and packaging			
Ingredient Statement	Included	Customized to each meal	
Order Frequency	Single or Subscription Options	Recurring- No minimum commitment. Pause, skip or cancel anytime	
Method of Prep	Ready to Eat/Oven Ready/Microwave based on items selected	Fully Customized	
Level of Customization	Choose from Seasonal Curated Menu Items	Single Menu	Multiple Menus per client or family
Portion Size Customization	Choose from Seasonal Curated Menu Items	Additional Fees may apply when preparing meals requiring separate production runs	Included
Client Support	Email/Text/Phone	Email/Text/Phone	Direct Chef Access
Custom Macros	Not Applicable	Add on: $95 per week	Included
Weekly Service Fee Minimum	Not Applicable	$190 (2 Meals)	$297 (3 Meals)
Cost Breakdown			
Portion Pricing	Retail Pricing Per Item	$99 Base Meal Price Servings 1-3 for Free As Low as $33 Per Serving	$109 Servings 1-3 for Free As Low as $36.33 Per Serving
Additional Servings of a Meal	Retail Price Per Item	$25 Flat Rate	$21 Flat Rate
Food Cost	Included	Grocery Expense is Reimbursed	Grocery Expense is Reimbursed
Service Fee Annual Bill Credit on Anniversary	Not Applicable	Included	Included
Weekly Minimum Order	None	$198 (2 Meals)	$327 (3 Meals)
Delivery	**Free Delivery Available** Orders over $150	**Delivery included** within 10 miles of our kitchen $3 per mile thereafter	

1740 1st Ave S, Seattle, WA
425-312-3378
LentschCulinaryServices.com

SERVING TACOMA TO BELLINGHAM