

# WEEKLY MEAL PREP OPTIONS



	Curated Weekly Meal Delivery	Signature Premium Meal Prep Subscription	Concierge Premium Meal Prep Subscription
<b>Best For</b>	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.
<b>Service Includes</b>			
<b>Menus</b>	Curated	Fully Customized	
<b>All Plans include:</b> Single or Family style portions, shopping, food preparation, and packaging			
<b>Ingredient Statement</b>	Included	Customized to each meal	
<b>Order Frequency</b>	Single or Subscription Options	Recurring- No minimum commitment. Pause, skip or cancel anytime	
<b>Method of Prep</b>	Ready to Eat/Oven Ready/Microwave based on items selected	Fully Customized	
<b>Level of Customization</b>	Choose from Seasonal Curated Menu Items	Single Menu	Multiple Menus per client or family
<b>Portion Size Customization</b>	Choose from Seasonal Curated Menu Items	Additional Fees may apply when preparing meals requiring separate production runs	Included
<b>Client Support</b>	Email/Text/Phone	Email/Text/Phone	Direct Chef Access
<b>Custom Macros</b>	Not Applicable	Add on: \$95 per week	Included
<b>Weekly Service Fee Minimum</b>	Not Applicable	\$190 ( 2 Meals)	\$297 (3 Meals)
<b>Cost Breakdown</b>			
<b>Portion Pricing</b>	Retail Pricing Per Item	\$95 Base Meal Price (Up to 3 Servings Free)	\$99 Base Meal Price (Up to 3 Servings Free)
<b>Additional Servings</b>	Retail Price Per Item	\$25 Flat Rate	\$21 Flat Rate
<b>Food Cost</b>	Included	Grocery Expense is Reimbursed	Grocery Expense is Reimbursed
<b>Service Fee Annual Bill Credit on Anniversary</b>	Not Applicable	Included	Included
<b>Weekly Minimum Order</b>	None	\$190 ( 2 Meals)	\$297 (3 Meals)
<b>Delivery</b>	<b>Free Delivery Available</b> Orders over \$150	<b>Delivery included</b> within 10 miles of our kitchen \$3 per mile thereafter	

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 [LentschCulinaryServices.com](http://LentschCulinaryServices.com)

