

Reimagined NUTRITION

✦ CATERED MEAL PREP ✦

BY CHEF ALI SENATORE, RDN

PRICING PACKAGES

Main Character Energy - \$125

- Work week of dinners for one
- 5 chef-crafted entrees

*Add premium proteins - +\$15-25 per meal depending on Market Price

*Double standard proteins - +\$10 per meal

*Add hydroponic sprouts \$3 per meal

Table for Two - \$250

- Take the worry out of deciding on what to cook this week!
- 10 chef-crafted entrees

Rise & Dine - \$100

- Mix & Match Breakfast for the week
- Includes 4 half pans of breakfast items for the week

Graze Anatomy - \$125

- 5 days of curated snack boxes (2 snacks per day)

Sip Happens - \$95

- Fridge restock which includes:
 - 2 liters of signature functional mocktails (Choose two)
 - Cucumber Chamomile Green Apple Tonic
 - Hibiscus Pomegranate Potion
 - Watermelon Rose Agua Fresca
 - Turmeric Ginger Agave Lemonade
 - A dietitian-curated selection of healthy beverages to hydrate you through the week

Reimagined NUTRITION

✦ CATERED MEAL PREP ✦

BY CHEF ALI SENATORE, RDN

PRICING PACKAGES CONT'D

3 Day Reset - \$210

- Catch up on work, rest, or life—we'll handle the meals.
- Breakfast, Lunch, & Dinner for 2 for 3 days

Balance Box - \$185

- Have your cake and feel great too!
- Includes 5 meals and 5 protein and/or fiber-packed nourishing desserts

Culinary Kickstart - \$95

- With 5 days of expertly prepped ingredients, you'll be the star of your own kitchen.
 - Chef-marinated proteins
 - Premium protein upgrades: +\$10-20
 - Small batch-prepped seasonal vegetables
 - Prepared grains and starches for the work week
 - Selection of scratch-made veggie dips, sauces, and salad dressings (3)
 - Dips: Guacamole, Hummus (Traditional or Flavored), Babaghanoush, Tzatziki, Whipped Feta White Bean Dip
 - Aquafaba dressing/aiolis: Green Goddess, Calabrian Chili, Ranch
 - Sauces: Chimichurri, San Marzano Marinara, Garden Pesto, Beet BBQ
 - Vinaigrettes: White Balsamic Shallot, Honeycrisp Maple, Soy Ginger, Cilantro Lime, Strawberry Basil, Charred Lemon Herb

For clients seeking catering tailored to Medical Nutrition Therapy, we strongly recommend starting with an Initial Nutrition Consultation. This allows us to fully understand your unique needs, goals, and preferences before crafting a personalized menu.