



In Partnership with Kelley Nazarian, North Jersey Postpartum Doula

Package #1

Healthy Nutritious Dinners

For 2 People \$150 + tax (delivery included)

For 4 People \$275 + tax (delivery included)

www.order.loveandplates.com

Choose from a new menu every week, Vegetarian/Vegan and Fish/Shellfish options, as well as Breakfast and Lunch Add Ons, always available

Package #2

Customized Stock Your Freezer Package

Session Options:

Delivery \$325 + tax + cost of groceries

In Home \$425 + tax + groceries

12 Meals to Stock In Your Freezer +

6 Quarts of Beef or Chicken Bone Broth

Menu Created Specific to Your Dietary Need and Culinary Preferences (30 minute Consultation Required - Included in Service Fees)



Package #3

Just The Basics - The Building Blocks to Create Your Own Meals

\$175 + tax

Bulk Set of Breakfasts (8-12 pieces)

Bulk Set of Lunches (Half Tray Grain/Greens Salad Plus Choice of Protein (2 lb))

Half Tray of Market Fresh Prepared Vegetables, 5 Pounds of Cooked Protein of Choice (Subject to Surcharge Dependent on Protein Chosen)

(30 Minute Consultation Required - Included in Service Fees)

Package #4

Strength and Immunity Package (Great for Freezing)

\$275 + tax

8 Quarts Bone Broth (Beef or Chicken)

Choice of 2 Dozen Lactation Cookies or 2 Dozen Individual Baked Oatmeal Cups

3 Quarts Nuts & Seeds Trail Mix (Choice of Sweet or Savory)

1 Dozen Fruit and Protein Smoothie Packets