



B Healthy Meals make it easy to prepare delicious nutritious meals at home. They do most of the work for you! Each week they offer a menu of fully cooked “whole food” selections designed to be combined as you like to create an array of different dishes. Finally... there will be no more wondering or worrying about what to cook.



Fully cooked & ready to heat!

Fresh, seasonal and local

Globally inspired gourmet menus

Whole and organic ingredients

Nutritionally packed

“Good” fats & low glycemic

“Eco-friendly” biodegradable
containers

Each menu includes seven fully cooked ready to heat items. On weeks when 3 entrees are offered, you may select 2, or you may opt for all 3 for an additional \$10.00. Each single order provides enough food to create 3-4 meals for one person. (Some folks get as many as 5 meals per week from a single order.)

Serving Sizes

7oz (weight) of each selected Entree

24oz container Soup

12-16 oz container of each side



**The Family Wellness Center is
proud to be a pick-up site for**

B Healthy Meals!

***Weekly Organic, Whole Food
Gourmet Meals***

Two options for ordering: *(Gift Certificates are also available!)*

By the week: \$50.00 (2 Entrees)-\$60 (3 Entrees) per week per single order

By the month: \$45 (2 Entrees) - \$55 (3 Entrees) per week per single order

1 month at a time *Monthly orders must be placed at least 3 days prior to the beginning of a month.*

1 week at a time *Weekly orders must be placed no later than Sunday for the next week's pick-up.*