

PORTION SIZES

PERFORMANCE MEALS: 400-550 Calories per portion. Avg. 40g. Protein

LIFESTYLE MEALS: 250-400 Calories per portion. Avg. 28g. Protein

***New Pricing Effective May, 2020**

COMMITMENT LEVELS

ONE-TIME PURCHASE: Order meals when you need them. No commitments or future charges. Tiered pricing means the more meals you buy the more \$ you save!

SUBSCRIPTION: Save 10% from the 1x rates with more value and convenience. No signup or cancellation fees.

4-BOX/BULK: Save 15% from 1x rates! Rock-bottom per-meal rates when you buy 4 weekly boxes at once. Paid in advance, no refunds please. Receive each box when you want it.

MENUS

SELECT: Customize your box of meals from our list of All-Star meals, always available!

CHEF'S CHOICE: Recipes made from chicken, turkey, beef, pork and fish every week. New recipe rollouts happening often!

**All rates listed are per-meal*

| MEALS/BOX | PORTION SIZE | 1X PURCHASE | SUBSCRIPTION | 4-BOX |
|-----------|--------------|--|--|--|
| | | Flexibility - order meals when you need them | Value & Convenience - discounted rates for subscription plans. No sign-up or cancellation fees. Flexible options | Our Best Deal! 4-box commitment paid up-front provides the best per-meal rates we have to offer! No Refunds on 4-Box orders, please. |
| 6-13 | PERFORMANCE | \$8.07 | \$7.26 | \$6.86 |
| | LIFESTYLE | \$6.93 | \$6.23 | \$5.89 |
| 14-20 | PERFORMANCE | \$7.64 | \$6.88 | \$6.49 |
| | LIFESTYLE | \$6.56 | \$5.90 | \$5.58 |
| 21-27 | PERFORMANCE | \$7.22 | \$6.49 | \$6.13 |
| | LIFESTYLE | \$6.20 | \$5.58 | \$5.27 |
| 28+ | PERFORMANCE | \$6.79 | \$6.11 | \$5.77 |
| | LIFESTYLE | \$5.83 | \$5.25 | \$4.96 |