



Performance Prepared Meals

Menu for delivery Feb 28th

Paleo & Balanced Options

Chorizo and Sweet
Potato Chili

Beef Stew

Jerk Chicken with
Brown Rice and
Broccoli

Cajun Salmon with
Avocado Salsa, Wild
Rice and Brussel
Sprouts

Keto Options

Spaghetti Squash
Carbonara

Teriyaki Chicken Stir-
fry with Cauliflower
Rice

Fish Taco Bowl

Tuscan Chicken with
Zucchini Noodles

Vegetarian Options

Three Bean Chili

Veggie Stir-fry

Meal macros available on request

Note that menu selections change each week. Check our website at
www.HealthyNow.ca/otf for each week's menu



Meal Plan Pricing

Portion Sizes	5 Day Plan Retail Price	5 Day Plan OTF Discounted Price	7 Day Plan Retail Price	7 Day Plan OTF Discounted Price	30 Day Plan Retail Price	30 Day Plan OTF Discounted Price
1 Small and 1 Standard per day	\$140.00	\$126.00	\$196.00	\$176.40	\$798.00	\$718.20
1 Standard and 1 Large per day	\$165.00	\$148.50	\$231.00	\$207.90	\$940.50	\$846.45
1 Standard per day	\$75.00	\$67.50	\$105.00	\$94.50	\$427.50	\$384.75
1 Large per day	\$90.00	\$81.00	\$126.00	\$113.40	\$513.00	\$461.70

HealthyNow's Meal Plans are family friendly! Add the quantity of Child, Standard or Large portions you wish, on the meals you wish:

Dinner Add-on Portion Size	Retail Price per Portion	OTF Price per Portion
Child portion, each	\$13.00	\$11.70
Standard portion, each	\$15.00	\$13.50
Large portion, each	\$18.00	\$16.20

To order, or for more information contact Christine at 647-210-0047 or at Info@HealthyNow.ca. Check us out at www.HealthyNow.ca/otf , www.Facebook.com/HealthyNow40, or [www.Instagram.com/HealthyNow 40](https://www.Instagram.com/HealthyNow_40)