



Performance Prepared Meals

Menu for week of July 6 to July 12

Paleo & Balanced Options

Shrimp Taco Bowl
Beef Stir-fry with
Brown Rice
Lemon Chicken with
Sweet Potato and
Green Beans
Lemon Butter White
Fish with Quinoa and
Broccoli

Keto Options

Salmon Burgers with
Spinach and Feta
Cauliflower Rice
Bacon Wrapped Pork
Tenderloin with
Brussel Sprouts
Margherita Chicken
with Grilled Veggies
Lasagna

Vegetarian Options

Portobello Pizza
Black Bean Burrito

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



Meal Plan Pricing

Portion Sizes	5 Day Plan Retail Price	5 Day Plan Partners' Discounted Price	7 Day Plan Retail Price	7 Day Plan Partners' Discounted Price	30 Day Plan Retail Price	30 Day Plan Partners' 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 Toddler, Child, Standard or Large portions you wish, on the meals you wish:

Dinner Add-on Portion Size	Retail Price per Portion	Partners' Price per Portion
Child portion, each	\$10.00	\$9.00
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/partners, www.Facebook.com/HealthyNow40 , or [www.Instagram.com/HealthyNow 40](https://www.Instagram.com/HealthyNow_40)