DCC Meal Prep Program

# Outline of the Meal Prep Program

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# Introduction to Meal Prep Program

The Meal Prep Program is designed to provide convenient, healthy, and delicious meals for individuals and families looking to save time, improve their dietary habits, and enjoy a variety of cuisines without the hassle of daily cooking.

# Objectives and Benefits

* Save time on daily meal preparation
* Ensure balanced and nutritious meals
* Reduce food waste
* Accommodate dietary preferences and restrictions
* Promote healthy eating habits
* Sustainable chef-prepared meals made from scratch using local products when available

# Program Structure

The program will be structured around weekly meal plans, with each meal plan containing a variety of meals to be consumed throughout the week. Clients can choose from different packages based on their preferences and needs.

# Setup Options for Meals and Packages

## Meal Options

* Customizable Meals: Clients can select ingredients and customize their meals based on dietary preferences and restrictions.
* Pre-set Meals: A collection of pre-designed meals catering to various dietary needs, including vegetarian, vegan, pescatarian, diabetic, gluten-free.
* Chef-Prepared Sustainable Meals: Scratch-made meals prepared by professional chefs using locally sourced and sustainable ingredients whenever possible.

## Package Options

* Individual Packages: Suitable for single individuals, offering a variety of meals for one person. The meal option includes a choice of 6, 8 or 10 meals per week.
* Meal option pricing for regular $16.99 and Large $19.99
* Snack Options (Ala Carte): Include healthy snacks to complement the main meals.
* Weekly Subscriptions: Options for clients to subscribe to weekly meal plans.

# Types of Meals

## Lunch

* Quinoa Salad or Super Greens Salad
* Grilled Chicken Caesar Wraps
* Fajita & Cuban Bowls
* Stuffed Bell Peppers

## Dinner

* Roasted Salmon with Asparagus
* Teriyaki Beef Stir-fry with Mixed Vegetables
* Vegetable Lasagna
* Curry Chicken or Coconut Curry Shrimp

## Snacks

* Fruit Smoothie
* Homemade Hummus
* Overnight Oats

# Conclusion

The Meal Prep Program is a comprehensive solution for individuals and families seeking to enjoy nutritious and tasty meals without the stress of daily cooking. With a variety of setup options and meal types, clients can customize their experience to match their dietary needs and preferences, making healthy eating both convenient and enjoyable. The inclusion of chef-prepared sustainable meals ensures high-quality ingredients and supports local producers, while all meals are made from scratch to guarantee freshness and quality.