



## FAQ'S | Choosing a Meal Plan

### WHICH MEAL PLAN SHOULD I CHOOSE?

We all have different goals, different bodies, and different needs. Choosing a meal plan that fits your goals is important for the best success. Our Dietitian-Designed Meal Plans provide an ideal balance of healthy fat, lean protein, healthy carbohydrates, and essential nutrients to help your body stay healthy. These plans follow the recommended guidelines of the **American Heart Association, American Diabetes Association, and the Dietary Guidelines for Americans**. The Choose Your Own Meals Plan allows you to mix and match the meals from our Dietitian-Designed Meal Plans in any combination.



#### WHY CHOOSE THE DIETITIAN-DESIGNED 1200 CALORIE MEAL PLANS?

These structured meal plans are our most popular plans for weight loss and health management. It is the lowest in fat, cholesterol, carbohydrates and sodium. Includes 3 meals a day plus the recommended 2 servings of non-fat dairy per day. Protein sources include poultry, fish, eggs, dairy, and plant-based proteins

#### These plans are beneficial if the goal is:

- Weight loss (for small to average body shape)
- Weight management with minimal exercise
- Health condition management

#### Customizations available:

- **Signature Menu without Seafood:** Enjoy the Signature Plan without fish or shellfish
- **Plant-Based Vegetarian Menu:** A lacto-ovo vegetarian plan (includes dairy and eggs).
- Choose a **4-day meal plan** (12 meals per week) or **7-day meal plan** (21 meals per week)



#### WHY CHOOSE THE DIETITIAN-DESIGNED 2000 CALORIE MEAL PLANS?

These structured meal plans are larger portions of the 1200 calorie plan. They are the most popular plans for men and/or those that are actively training to meet fitness goals. Includes 3 meals a day plus the recommended 3 servings of low-fat dairy per day. Protein sources include poultry, fish, eggs, dairy, and plant-based proteins

#### These plans are beneficial if the goal is:

- Weight loss/management (for larger, taller body shape or active person)
- Health condition management
- Weight gain or hospital stay/illness recovery (may need to include healthy snacks for weight gain depending on body shape)

#### Customizations available:

- **Signature Menu without Seafood:** Enjoy the Signature Plan without fish or shellfish
- **Plant-Based Vegetarian Menu:** A lacto-ovo vegetarian plan (includes dairy and eggs)
- Choose a **4-day meal plan** (12 meals per week) or **7-day meal plan** (21 meals per week).



#### WHY CHOOSE YOUR OWN MEALS?

This plan is **our most flexible plan** yet! It allows you to choose **any combination of meals** from our Signature Plans or our Plant-Based Vegetarian Plans, in either light or full portion sizes. This plan more easily allows sharing, and puts the focus more on individual choice.

#### These plans are beneficial if the goal is:

- More control over the meals delivered each week
- Manage your weight or specific health condition without a structured meal plan
- To enjoy healthy, freshly prepared chef-inspired meals just the way you want them

#### Customizations available:

- Adapt meals to your needs with filters including **vegetarian, protein-packed, kidney care, diabetes friendly, low sodium, heart healthy, and gluten free**
- Choose from **8, 10, or 12 meals per week**, mix and match any way you like
- Choose any meal in either a **Light** or **Full** option

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