



Hometown Pricing

The Dietitian-Designed 4-Day Meal Plans (12 Meals) – Perfectly portioned, and available for pickup or delivery every Monday or Thursday.

The Dietitian-Designed 7-Day Meal Plans (21 Meals) – Includes two fresh deliveries or pickups on Mondays and Thursdays.

Choose Your Own Meals – Mix and match 8, 10, or 12 meals from our rotating menu. Available for Monday or Thursday pickup or delivery.

1200 CALORIE Dietitian-Designed Meal Plans

Signature Menu

Signature Menu- No Seafood

Plant-Based Vegetarian Menu

7 Day (21 MEALS) \$137.00

4 Day (12 MEALS) \$97.00

2000 CALORIE Dietitian-Designed Meal Plans

Signature Menu

Signature Menu- No Seafood

Plant-Based Vegetarian Menu

7 Day (21 MEALS) \$168.00

4 Day (12 MEALS) \$112.00

Choose Your Own Meals Plan

in Light or Full Portions

8 MEALS \$7.99 - \$16.99 per Meal

10 MEALS \$7.99 - \$16.99 per Meal + 5% Discount

12 MEALS \$7.99 - \$16.99 per Meal + 10% Discount



Visit www.seattlesutton.com or call 800-442-3438 to learn more

TAX AND SHIPPING IS ADDITIONAL. PRICES SUBJECT TO CHANGE.