

GLAMGOURMET

CATERING

PERSONAL MEAL PREP

Chef-prepared meals. Thoughtful variety. A simpler week.

A flexible weekly meal-prep service for clients who want fresh, flavorful food without spending the week shopping, cooking, portioning and cleaning.

Customized
Built around your preferences

Convenient
Prepared, portioned & ready

Rotating
Variety without menu fatigue

WEEKLY PICKUP | GROCERIES INCLUDED | CUSTOMIZED SERVICE

How the Service Works

Tell GlamGourmet what you enjoy, what you avoid, and what you want your meals to support. Your weekly menu is planned, shopped, cooked, portioned and packaged for scheduled pickup.

01	Share Your Preferences	Food likes/dislikes, allergies, restrictions and goals
02	Choose Your Package	Select the number of chef-prepared meals for your week
03	Approve Your Menu	Review a rotating menu designed for variety
04	Pickup & Enjoy	Meals are labeled with storage and reheating guidance

Weekly Packages

Package	Meals	Starting Price	Best For
Refresh	6	\$280	A few ready-to-go meals
Balance	10	\$385	Workweek support
Lifestyle	14	\$485	Two meals most days
Signature	18	\$575	6 days of breakfast, lunch & dinner
Complete Week	21	\$650	7 full days of meals

Disposable meal containers are included in every package.

Optional reusable glass containers have a one-time setup fee based on meal count. See page 3 for the glass-container fee and first-week total for each package.

Package prices include standard groceries, menu planning, shopping, chef preparation, portioning and scheduled pickup. Premium proteins, specialty ingredients, extensive substitutions or specific macro requirements may require an additional charge.

Variety Without the Chaos

Menus rotate weekly while each order is intentionally batch-prepared for quality and efficiency.

Example: 18-Meal Signature Package

Meal Type	Weekly Variety	Portions
Breakfast	2 selections	3 of each
Lunch	2 selections	3 of each
Dinner	2 selections	3 of each
Total	6 menu selections	18 meals

Freshness & Storage

Meals are labeled with storage and reheating guidance. Larger packages may include freezer-friendly meals for later in the week. Refrigerate or freeze promptly after pickup.

Packaging Options & Pricing

Disposable containers included with every package | Glass upgrade: one-time fee

Package	Meals	Weekly price	Disposable included	Glass fee once	First week w/ glass
Refresh	6	\$280	Included	+\$40	\$320
Balance	10	\$385	Included	+\$50	\$435
Lifestyle	14	\$485	Included	+\$70	\$555
Signature	18	\$575	Included	+\$90	\$665
Complete Week	21	\$650	Included	+\$105	\$755

Weekly meal prices already include standard disposable food containers.

Glass-container fees are charged only once, when beginning the glass program.
From the second week onward, glass clients pay the regular weekly meal price.

Return glass containers at your next pickup for reuse or exchange.
Lost, damaged or unreturned containers may incur replacement charges.

Customization & Client Care

Your preferences matter. GlamGourmet can work around dislikes, common dietary preferences and general wellness goals while keeping the service practical and sustainable.

What We Ask From You

Before your first menu: share allergies, dietary restrictions, foods you avoid, favorite proteins, preferred meal types and any relevant nutrition targets you are already following.

For weekly service: communicate changes before menu planning, arrive for your scheduled pickup, and return reusable glass containers when participating in the glass program.

A Note About Nutrition Goals

Meals can be portioned and customized to complement personal nutrition and wellness goals. GlamGourmet does not provide medical nutrition therapy or guarantee weight-loss results. Clients with medically prescribed diets should follow the guidance of their qualified healthcare professional.

READY TO GET STARTED?

Send your preferred package, packaging choice, food preferences, allergies or restrictions, and desired start week. Your menu and pickup details will be confirmed before service begins.

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Personal Meal Prep | Chef-Prepared | Customized | Convenient

Prices shown are starting prices and may change based on menu selections, ingredient costs, premium proteins, special requests or service changes. Final pricing is confirmed before the order is accepted.