

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 then planned, shopped, cooked, portioned and packaged for scheduled pickup.

01	Share Your Preferences	Food likes/dislikes, allergies, dietary restrictions and general goals.
02	Choose Your Package	Select the number of chef-prepared meals that fits your week.
03	Approve Your Menu	Receive a rotating menu designed for variety and efficient weekly prep.
04	Pickup & Enjoy	Meals are portioned, labeled and ready for refrigeration or freezing as directed.

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

Package pricing includes: standard groceries, menu planning, shopping, chef preparation, portioning and scheduled pickup. Packaging is selected separately. Premium proteins, specialty ingredients, extensive substitutions or highly specific macro requirements may require an additional charge.

Variety Without the Chaos

GlamGourmet menus rotate weekly, but each order is intentionally batch-prepared. This keeps your meals interesting while allowing consistent quality and efficient preparation.

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. For larger weekly packages, some meals may be designated as freezer-friendly so later-week meals maintain better quality. Clients should refrigerate or freeze meals promptly after pickup and follow the label instructions.

Packaging Options

NEW DISPOSABLE CONTAINERS	REUSABLE GLASS PROGRAM
Fresh food-safe meal-prep containers with every order. 18-meal package: +\$130/week	A reusable set that is returned and exchanged at the next pickup. 18-meal package: +\$150 one-time setup fee

Glass containers must be returned for rotation. Lost, damaged or unreturned containers may require a replacement charge. Packaging pricing for other package sizes is confirmed with your quote.

18-meal package: +\$30/week

18-meal package: +\$50 one-time setup fee

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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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.