



Let us take the stress out of preparing and creating weekly healthy meal prep for you!

### Healthy Wholesome Meal Prep Order Form

8/04/2020

Name \_\_\_\_\_ phone \_\_\_\_\_

today's Date \_\_\_\_\_ email \_\_\_\_\_

Delivery address \_\_\_\_\_ Delivery date \_\_\_\_\_

**Order form due in by Monday morning 10.00 am for Wed delivery and by Thursday 10.00 am for Monday delivery**

Regular meal	\$11.95	Minimum 7 meals per order	Quantity			Total Price \$
			week 1	Week 2	Total	
		calories				
Mustard chicken breast, sweet potato ,roasted vegetables	467					
Chili lime chicken breast, brown rice and Asian greens	449					
BBQ spiced chicken breast, mixed beans, steamed greens	499					
Herb crusted chicken breast, quinoa, steamed vegetables,	475					
Morrocan chicken breast, herbed lentils, raita, roasted veg	452					
Spiced porterhouse steak, green lentils, steamed vegetables	532					
Garlic and herb steak, sweet potato, steamed mixed veg	522					
Ratatoulie, sweet potato, brown rice (V)	450					
Roasted vegetable stack, quinoa, steamed greens (V)	430					
Curried cauliflower chick Pea, Roasted veg w, brown rice (V)	517					
Vegetable soup of the week 400ml -\$4.50 FROZEN ITEM						
<b>Total</b>						

State # of meals for delivery each week if ordering for 2 weeks

**Order form due in by Monday morning 10am or Thursday**

week 1 # \_\_\_\_\_

**Please fill out order form and email to [info@impressionscatering.com.au](mailto:info@impressionscatering.com.au)**

week 2 # \_\_\_\_\_

**Deliveries made to your gym every Monday or Wednesday**

Payment options Cash, EFT or credit card (2% credit charge applies)

Account name : Lucor Pty Ltd

bsb: 016 441

account number: 218684126

**Please use your first initial and last name as a reference**

Credit card number: \_\_\_\_\_ expiry date: \_\_\_\_\_ CVC number: \_\_\_\_\_

Name of card holder: \_\_\_\_\_

Signature: \_\_\_\_\_

[info@impressionscatering.com.au](mailto:info@impressionscatering.com.au)

Phone: 08 9524 5438

Mobile: 0415 547 641



## **Meal prep Information sheet**

All meals have a 3-4 day shelf life in the refrigerator and a 3 month freezer life.

All meals can be frozen (we would suggest however to order weekly as it does affect the quality slightly)

Make sure you thaw meals in the refrigerator the day before re-heating.

Microwave powers vary but as a guideline, crack one corner of the lid and heat meals on medium power for 2-3 mins or low for 4-5 mins.

Please contact our team if you have any questions

0415 547 64