

MISSION + MOTIVE

Our passion is to offer the health-conscious go-getters of the Front Range a variety of nourishing food to enjoy at home with your family, at work and outside. We take the time and stress off your shoulders so you are free to do the things you love. We are committed to using quality seasonal + organic ingredients; Colorado sourced meat + produce; and wild foraged ingredients- all packaged in re-usable glass containers and conveniently delivered to your home.

THE PROCESS

Our diverse menu will be released monthly, with menu options differing each week. There are no subscriptions or commitments; order weekly as you please. The ordering deadline for each week will end on the Saturday prior to your intended delivery week. Deliveries are currently scheduled for Thursday afternoons only, with meals delivered directly to your front door in a reusable cooler. At that time, any reusable containers will be picked up from the previous weeks delivery. Throughout the month you can expect email reminders and updates on new menu releases, ordering deadlines + promotions.





Each plan is designed to generously feed two adults. Every week you can expect to see three dinner options. Choose all three, or two of your favorites. In addition to full meal options, each month we will offer supplemental menu items. These will be individually priced and will include breakfast + lunch options, fresh pressed juices + drinks, mindfully made baked goods + indulgences and kid friendly dishes for the littles.

AVE DIETARY RESCRICTION OR PREFERENCES? WITH A BACKGROUND IN HERBAL MEDICINE + NUTRITION, WE ARE HAPPY TO HELP CUSTOMIZE OUR MENU OFFERINGS TO MEET YOUR NEEDS

2 DINNERS WEEKLY

\$120 per week

3 DINNERS WEEKLY

\$175 per week

10% OFF

|| When you book the entire month (4-5 weekly deliveries) in advance |

|| Build your own package to feed your family of 4 by combining two weekly plans for two ||

