



MEAL PLANS

SIMPLY by SOAC meals & snacks

Chef prepared with fresh, nutritious ingredients that are locally sourced when available. Dietitian approved and perfectly portioned.

Pricing Options

10 meal punch card - *Buy 9, 10th is free*
- **Starting NOW**

14 Day SIMPLY Challenge - \$225

Includes 28 meals and a 30 Min dietitian meeting prior to starting
- **Starting January 1st 2017**

Small Group Training Discount

20% off meals during program
- **Starting January 1st 2017**

Monthly Subscriptions

- **Starting January 1st 2017**

12 meals a month - \$90 (\$7.50/meal)

30 meals a month - \$200 (6.67/meal)

80 meals a month - \$400 (\$5.00/meal)

Sign up for Meal Plans at our SOAC Front Desk