



My Choice Dinners

30% paid by
HCP recipient

Approx. Cost
Per Meal

5 x My Choice Dinners	\$17.98	\$3.60
7 x My Choice Dinners	\$23.38	\$3.34
10 x My Choice Dinners	\$31.18	\$3.12
14 x My Choice Dinners	\$41.38	\$2.96
21 x My Choice Dinners	\$59.98	\$2.86
28 x My Choice Dinners	\$77.98	\$2.79

Lite n' Easy Standard Dinner Packs

5 x Dinners	\$19.78	\$3.96
7 x Dinners	\$25.48	\$3.64
10 x Dinners	\$34.78	\$3.48
14 x Dinners	\$45.58	\$3.26
21 x Dinners	\$65.98	\$3.14
28 x Dinners	\$83.58	\$2.99

Lite n' Easy Smaller Meals + Desserts

5 x Lunch Favourites	\$9.73	\$1.95
5 x Easy Bites	\$7.48	\$1.50
5 x Soups	\$5.38	\$1.08
4 x Desserts	\$2.98	\$0.75

Lite n' Easy Standard Meal Plans (based on 1200 Calories)

**30% paid by
HCP recipient**

**Approx. Cost
Per Day**

3 days - Breakfast, Lunch, Dinner & Snacks	\$24.88	\$8.29
4 days - Breakfast, Lunch, Dinner & Snacks	\$29.98	\$7.50
5 days - Breakfast, Lunch, Dinner & Snacks	\$36.58	\$7.32
5 days - Breakfast & Lunch	\$23.98	\$4.80
5 days - Lunch, Dinner & Snacks	\$32.08	\$6.42
7 days - Breakfast, Lunch, Dinner & Snacks	\$47.08	\$6.73
7 days - Breakfast & Lunch	\$29.38	\$4.20
7 days - Lunch, Dinner & Snacks	\$39.58	\$5.65

Lite n' Easy Medium Meal Plans (based on 1500 Calories)

3 days - Breakfast, Lunch, Dinner & Snacks	\$26.98	\$8.99
4 days - Breakfast, Lunch, Dinner & Snacks	\$33.28	\$8.32
5 days - Breakfast, Lunch, Dinner & Snacks	\$39.58	\$7.92
5 days - Breakfast & Lunch	\$25.78	\$5.16
5 days - Lunch, Dinner & Snacks	\$34.18	\$6.84
7 days - Breakfast, Lunch, Dinner & Snacks	\$50.98	\$7.28
7 days - Breakfast & Lunch	\$32.98	\$4.71
7 days - Lunch, Dinner & Snacks	\$42.28	\$6.04

Lite n' Easy Large Meal Plans (based on 1800 Calories)

5 days - Breakfast, Lunch, Dinner & Snacks	\$43.78	\$8.76
5 days - Lunch, Dinner & Snacks	\$36.58	\$7.32
7 days - Breakfast, Lunch, Dinner & Snacks	\$57.58	\$8.23
7 days - Lunch, Dinner & Snacks	\$47.98	\$6.85

Lite n' Easy also has a range of other flexible meal combinations available. For more information, or for assistance selecting the right plan, please call us on **13 15 12**.