

My Choice Packs

	30% paid by HCP recipient	Approx. Cost Per Day
3 x MC Dinner + MC Soup Pack	\$16.48	\$5.49
5 x MC Dinner + MC Soup Pack	\$23.98	\$4.80
7 x MC Dinner + MC Soup Pack	\$31.48	\$4.50
3 x MC Dinner + MC Soup + MC Dessert Pack	\$19.48	\$6.49
5 x MC Dinner + MC Soup + MC Dessert Pack	\$27.88	\$5.58
7 x MC Dinner + MC Soup + MC Dessert Pack	\$35.98	\$5.14

My Choice Dinners, Soups & Desserts

	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
5 x My Choice Soups	\$6.73	\$1.35
5 x My Choice Desserts	\$5.08	\$1.02

Lite n' Easy Standard Dinners

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

5 x Lunch Favourites	\$9.73	\$1.95
5 x Easy Bites	\$7.48	\$1.50
5 x Soups	\$5.38	\$1.08

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**.