

My Choice Packs

	30% paid by HCP recipient	Approx. Cost Per Day
3 x MC Dinner & MC Soup Pack	\$16.78	\$5.59
5 x MC Dinner & MC Soup Pack	\$24.88	\$4.98
7 x MC Dinner & MC Soup Pack	\$32.38	\$4.63
3 x MC Dinner + MC Soup + MC Dessert Pack	\$19.78	\$6.59
5 x MC Dinner + MC Soup + MC Dessert Pack	\$28.48	\$5.70
7 x MC Dinner + MC Soup + MC Dessert Pack	\$36.88	\$5.27

My Choice Dinners, Soups & Desserts

	30% paid by HCP recipient	Approx. Cost Per Meal
5 x My Choice Dinners	\$18.88	\$3.78
7 x My Choice Dinners	\$23.98	\$3.43
10 x My Choice Dinners	\$32.08	\$3.21
14 x My Choice Dinners	\$42.28	\$3.02
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	\$20.38	\$4.08
7 x Dinners	\$26.38	\$3.77
10 x Dinners	\$35.68	\$3.57
14 x Dinners	\$46.48	\$3.32
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	\$25.48	\$8.49
4 days - Breakfast, Lunch, Dinner & Snacks	\$30.88	\$7.72
5 days - Breakfast, Lunch, Dinner & Snacks	\$37.48	\$7.50
5 days - Breakfast & Lunch	\$23.98	\$4.80
5 days - Lunch, Dinner & Snacks	\$32.98	\$6.60
7 days - Breakfast, Lunch, Dinner & Snacks	\$47.98	\$6.85
7 days - Breakfast & Lunch	\$29.98	\$4.28
7 days - Lunch, Dinner & Snacks	\$40.48	\$5.78

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

3 days - Breakfast, Lunch, Dinner & Snacks	\$27.88	\$9.29
4 days - Breakfast, Lunch, Dinner & Snacks	\$34.18	\$8.55
5 days - Breakfast, Lunch, Dinner & Snacks	\$40.48	\$8.10
5 days - Breakfast & Lunch	\$25.78	\$5.16
5 days - Lunch, Dinner & Snacks	\$35.08	\$7.02
7 days - Breakfast, Lunch, Dinner & Snacks	\$51.88	\$7.41
7 days - Breakfast & Lunch	\$32.98	\$4.71
7 days - Lunch, Dinner & Snacks	\$43.18	\$6.17

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

5 days - Breakfast, Lunch, Dinner & Snacks	\$44.68	\$8.94
5 days - Lunch, Dinner & Snacks	\$37.48	\$7.50
7 days - Breakfast, Lunch, Dinner & Snacks	\$57.58	\$8.23
7 days - Lunch, Dinner & Snacks	\$48.88	\$6.98

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**.