



My Choice Meals

	70% covered under HCP funding	30% paid by HCP recipient	Approximate Cost Per Meal
5 x My Choice Dinners	\$44.07	\$18.88	\$3.78
7 x My Choice Dinners	\$55.97	\$23.98	\$3.43
10 x My Choice Dinners	\$75.57	\$32.38	\$3.24
14 x My Choice Dinners	\$98.67	\$42.28	\$3.02
21 x My Choice Dinners	\$139.97	\$59.98	\$2.86
28 x My Choice Dinners	\$181.97	\$77.98	\$2.79
5 x My Choice Soups	\$15.72	\$6.73	\$1.35
5 x My Choice Desserts	\$11.87	\$5.08	\$1.02

Lite n' Easy Standard Dinner Packs

5 x Dinners	\$48.97	\$20.98	\$4.20
7 x Dinners	\$61.57	\$26.38	\$3.77
10 x Dinners	\$83.27	\$35.68	\$3.57
14 x Dinners	\$108.47	\$46.48	\$3.32
21 x Dinners	\$153.97	\$65.98	\$3.14
28 x Dinners	\$195.02	\$83.58	\$2.99

Lite n' Easy Smaller Meals

5 x Lunch Favourites	\$23.07	\$9.88	\$1.98
5 x Easy Bites	\$17.47	\$7.48	\$1.50
5 x Soups	\$12.57	\$5.38	\$1.08

Lite n' Easy Standard Meal Plans	Based on 1200 Calories	70% covered under HCP funding	30% paid by HCP recipient	Approximate Cost Per Meal
3 day - Breakfast, Lunch, Dinner & Snacks		\$59.47	\$25.48	\$2.83
4 day - Breakfast, Lunch, Dinner & Snacks		\$72.07	\$30.88	\$2.57
5 day - Breakfast, Lunch, Dinner & Snacks		\$87.47	\$37.48	\$2.50
5 day - Breakfast & Lunch		\$55.97	\$23.98	\$2.40
5 day - Lunch & Dinner & Snacks		\$76.97	\$32.98	\$3.30
7 day - Breakfast, Lunch, Dinner & Snacks		\$111.97	\$47.98	\$2.28
7 day - Breakfast & Lunch		\$69.97	\$29.98	\$2.14
7 day - Lunch, Dinner & Snacks		\$94.47	\$40.48	\$2.89

Lite n' Easy Medium Meal Plans	Based on 1500 Calories			
3 day - Breakfast, Lunch, Dinner & Snacks		\$65.07	\$27.88	\$3.10
4 day - Breakfast, Lunch, Dinner & Snacks		\$80.47	\$34.48	\$2.87
5 day - Breakfast, Lunch, Dinner & Snacks		\$94.47	\$40.48	\$2.70
5 day - Breakfast & Lunch		\$61.57	\$26.38	\$2.64
5 day - Lunch & Dinner & Snacks		\$82.57	\$35.38	\$3.54
7 day - Breakfast, Lunch, Dinner & Snacks		\$122.47	\$52.48	\$2.50
7 day - Breakfast & Lunch		\$79.07	\$33.88	\$2.42
7 day - Lunch, Dinner & Snacks		\$101.47	\$43.48	\$3.11

Lite n' Easy Large Meal Plans	Based on 1800 Calories			
5 day - Breakfast, Lunch, Dinner & Snacks		\$105.67	\$45.28	\$3.02
5 day - Lunch & Dinner & Snacks		\$87.47	\$37.48	\$3.75
7 day - Breakfast, Lunch, Dinner & Snacks		\$136.47	\$58.48	\$2.78
7 day - Lunch & Dinner & Snacks		\$114.77	\$49.18	\$3.51

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**.