

| Lite n' Easy Standard Dinner Packs | 70% covered under HCP funding | 30% paid by HCP recipient | Approximate Cost Per Meal |
|------------------------------------|-------------------------------|---------------------------|---------------------------|
| 5 x Dinners                        | \$51.07                       | \$21.88                   | \$4.38                    |
| 7 x Dinners                        | \$62.27                       | \$26.68                   | \$3.81                    |
| 10 x Dinners                       | \$83.97                       | \$35.98                   | \$3.60                    |
| 14 x Dinners                       | \$108.47                      | \$46.48                   | \$3.32                    |
| 21 x Dinners                       | \$158.87                      | \$68.08                   | \$3.24                    |
| 28 x Dinners                       | \$195.79                      | \$83.91                   | \$3.00                    |

### Lite n' Easy Smaller Meals + Desserts

|                        |         |         |        |
|------------------------|---------|---------|--------|
| 5 x Lunch Favourites   | \$24.47 | \$10.48 | \$2.10 |
| 5 x Easy Bites         | \$19.22 | \$8.23  | \$1.65 |
| 5 x Soups              | \$13.97 | \$5.98  | \$1.20 |
| 5 x My Choice Desserts | \$11.87 | \$5.08  | \$1.02 |

### Lite n' Easy Standard Meal Plans Based on 1200 Calories

|   |          |         |        |
|---|----------|---------|--------|
| 3 day - Breakfast, Lunch, Dinner & Snacks | \$60.17  | \$25.78 | \$2.86 |
| 4 day - Breakfast, Lunch, Dinner & Snacks | \$72.77  | \$31.18 | \$2.60 |
| 5 day - Breakfast, Lunch, Dinner & Snacks | \$88.87  | \$38.08 | \$2.54 |
| 5 day - Breakfast & Lunch                 | \$58.07  | \$24.88 | \$2.49 |
| 5 day - Lunch & Dinner & Snacks           | \$78.37  | \$33.58 | \$3.36 |
| 7 day - Breakfast, Lunch, Dinner & Snacks | \$115.47 | \$49.48 | \$2.36 |
| 7 day - Breakfast & Lunch                 | \$72.77  | \$31.18 | \$2.23 |
| 7 day - Lunch, Dinner & Snacks            | \$97.97  | \$41.98 | \$3.00 |

### Lite n' Easy Larger Meal Plans Based on 1500 Calories

|   |          |         |        |
|---|----------|---------|--------|
| 3 day - Breakfast, Lunch, Dinner & Snacks | \$65.07  | \$27.88 | \$3.10 |
| 4 day - Breakfast, Lunch, Dinner & Snacks | \$81.87  | \$35.08 | \$2.92 |
| 5 day - Breakfast, Lunch, Dinner & Snacks | \$96.57  | \$41.38 | \$2.76 |
| 5 day - Breakfast & Lunch                 | \$63.67  | \$27.28 | \$2.73 |
| 5 day - Lunch & Dinner & Snacks           | \$83.27  | \$35.68 | \$3.57 |
| 7 day - Breakfast, Lunch, Dinner & Snacks | \$124.57 | \$53.38 | \$2.54 |
| 7 day - Breakfast & Lunch                 | \$81.87  | \$35.08 | \$2.51 |
| 7 day - Lunch, Dinner & Snacks            | \$103.57 | \$44.38 | \$3.17 |

# The secret to ageing well is simple.

## Eat Well.



**“The meals are amazing and I love having so much variety to choose from.”** Aunty Barb

## Independence. Choice. Happiness.

Lite n' Easy is more than just a weight loss solution. We also offer affordable, high-quality meals designed to promote healthy eating, well-being, and a better quality of life for all seniors.

We also partner with most **Home Care Package (HCP)** providers across Australia, which means HCP recipients may be eligible to receive subsidised meals from Lite n' Easy.

**70%**

**paid by the HCP provider**

**30%**

**paid by the Lite n' Easy customer**

With a range of affordable and flexible meal plans available, approved HCP recipients will only pay around \$3 per meal when they get Lite n' Easy's meals delivered to their home. For a full list of pack options and prices, see reverse.

### Getting started is easy.

1. For those on a Home Care Package, please contact your HCP provider and request Lite n' Easy as your meal delivery service.
2. Your HCP provider will set up an account with Lite n' Easy, if they don't already have one, and provide us with your details.
3. One of our consultants will contact you to organise your first delivery.



One day example of a Standard Meal Plan.

For a list of current Home Care Package providers offering Lite n' Easy services, please visit [liteneasy.com.au/home-care-packages](https://liteneasy.com.au/home-care-packages) or call us on **13 15 12**.