



BRACKET #1

Buy 4 pre-order meals, get the 5th meal free (This is a great deal for multiple day meal options, or for sharing with the family.)

- Check our March Wellness Express Newsletter for a list of all pre-order meal options for the month of March

B *BLESSING*
Wellness Center

MARCH 
“Meal Prep” 
 **MADNESS**

National Nutrition Month

BRACKET #2

Macros & Meal Prep Nutrition Coaching with Registered Dietitian (4 sessions for \$90)

- 1:1 coaching sessions with our Employee Wellness Dietitian
- Includes customized meal plans
- Sessions offered in-person or virtual