

# Frozen Meals To Keep You Warm This Winter



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**This offer ONLY runs from January 21-  
February 8, 2019.**

## HOW IT WORKS

- I will be making different things each week. Look at the [schedule](#) on the next page to see what I am cooking on a given week. Deadlines for orders and prices are listed here as well.
- Choose a minimum of 6 servings. A serving is approximately 500ml. Prices are per serving.
- Email or call me with your order and we will arrange a time for me to deliver it to you.
- Once you see the schedule, you can order as far in advance as you wish.

# 2019 Schedule & Pricing

**MINIMUM ORDER IS 6 MEALS (approx. 500ML/serving) PER WEEK.**

**Prices are per serving and each meal is individually packaged.**

## **WEEK 1: JANUARY 21-25**

- Ground Turkey or Chicken Chili with loads of veggies. \$13
- Chunky Vegetable Chili \$12
- Chicken and Vegetable Soup \$12

Please submit order by **January 23.** Delivery for this week closes January 27

## **WEEK 2: JANUARY 28 - FEBRUARY 1**

- Mild Italian and Potato Soup with spinach, pepper and mushrooms. \$11
- Coconut Curry Lentils with greens (with optional side of brown rice). \$11
- Fish and Kale Chowder with potatoes and root vegetables. \$13

Please submit order by **January 30.** Delivery for this week closes February 3

## **WEEK 3: FEBRUARY 4 - FEBRUARY 8**

- Chicken & Veggie Curry (side of brown rice or quinoa optional) \$13
- Vegetable Curry (side of brown rice or quinoa optional). \$12
- Mild Italian and Potato Soup with spinach, peppers, and mushrooms. \$11

Please submit order by **February 6.** Delivery for this week closes February 10

**DELIVERY IS FREE FOR LOCAL SOUTHWEST TORONTO RESIDENTS**

