

# Order Form for Food for Life Meal Plan

**By FeelGoods Café St. James!**

ALL NATURAL MEALS, FULL OF VARIETY & FLAVOR  
& AFFORDABLE. ONLY \$8/MEAL!  
(HIGH PROTEIN MEALS +\$2/MEAL)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Ref: \_\_\_\_\_

## **STEP ONE: FREQUENCY**

(we kindly request a 4 meal/week minimum)

\_\_\_\_\_ Lunch & Dinner \_\_\_ days a week

\_\_\_\_\_ Dinner Only \_\_\_ days a week

\_\_\_\_\_ Other \_\_\_\_\_

Pickup Days: \_\_\_\_\_

## **STEP TWO: FOOD PREFS**

We vary your meals each day to keep things exciting & delicious!  
The below will act as a guide for your meals.

List all FOOD ALLERGIES

(ie, I'm allergic to shrimp, garlic, & soy)

List all food DISLIKES

(ie, I dislike eggplant, tofu, and onions)

List all DIETARY NEEDS

(ie, Vegetarian, Gluten-free)

List all FAVORITES & MENU PREFS

(ie, I love Steamin Veggie Sensations!)

## **STEP THREE:**

REVIEW WITH ARIANA AT FEELGOODS AND  
READ AND SIGN THE BACK OF THIS FORM.



412 North Country Road • St. James, NY  
631.390.8545 • [www.feelgoodsforlife.com](http://www.feelgoodsforlife.com)

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# Thanks for Choosing Food for Life Meal Plan By FeelGoods Café!

## Meal Plan Must-Knows

### Your Food Preferences

We want you to be overly-satisfied with your Meal Plan experience!

Update your likes/dislikes via email to [mealplan@feelgoodscafe.com](mailto:mealplan@feelgoodscafe.com) so we can provide you the tastiest meals you love to eat. If you wish to specify the exact meals in your plan, please allow us 3 days notice to put changes into effect.

### Freshness & Consumption

We provide the freshest food available, free of artificial preservatives.

Please consume your meals at times designated, or freeze within 2 days of receipt.

### Payment

For your convenience, you can pay in cash or automatically by credit card for the upcoming week's planned meals.

Your meal plan is \$\_\_\_\_\_ per week.

### Emailing Meal Plan Changes or Cancellation

There is no obligation to remain on the Meal Plan, however, we appreciate 3 days notice of postponement or cancellation.

Please send these requests via email to [mealplan@feelgoodscafe.com](mailto:mealplan@feelgoodscafe.com).

By signing this form, you understand the above and authorize us to collect cash payment or charge your credit card the amount indicated above on a weekly basis.

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