

KarieOut

damn good food

Keep healthy and KarieOut

- ♦ Relieve the stress of meal planning and prep for the diverse nutritional needs of your household
- ♦ Eliminate the drive thru and its unwanted calories, sodium, additives, preservatives and refined sugar
- ♦ Eat fresh, nutritionally balanced, perfectly portioned food that tastes great and fuels you through your busy schedule
- ♦ Take back your time and focus on family, instead of meal prep and cooking
- ♦ Limit food waste by stocking your refrigerator with meals that are ready to heat-and-eat rather than ingredients that you won't have time to cook



KARIEOUT.COM

KarieOut provides weekly meal delivery service, corporate and private catering, as well as personal chef services.

Our focus is serving nutritionally balanced, from scratch food that you actually want to eat – food that is healthy but just so yummy you might think otherwise.

KARIE@KARIEOUT.COM

Food is prepared with organic, whole ingredients. All sauces, marinades and dressings are from scratch, providing you with amazing flavor while limiting refined sugar, sodium, additives and preservatives.



Let KarieOut take meal prep off of your plate.

How We Serve You



KarieOut's Standard Home Delivery

Our weekly menu is emailed to you each Tuesday. You order by Thursday at 5:00 p.m. Meals are delivered on Monday. Weekly menus include a variety of options including breakfasts, soups, salads, main meals and snacks. Main meals are priced from \$10.00 to \$13.75. Breakfast and snacks are priced from \$5.75 to \$7.00.



Personal Chef Service

Based on your preferences, KarieOut shops and stocks your pantry and refrigerator, in addition to preparing specialized meals for you each week. You select the number of meals and the delivery schedule. Pricing is \$55 to \$75 per hour plus cost of food (minimum 4 hours).



Catering

A full range of catering services are provided. From dinner for 6 or a tea party for 16, to a graduation party for 60 or corporate function for 250 – breakfast, lunch, dinner, sweets or snacks – we've got you covered. Pricing is based on type of event, number of people and menu.



Personalized Meal Service

KarieOut works with you to plan meals based on your unique needs. You choose the number of meals prepared and delivered each week. Pricing is \$50 per hour plus cost of food (minimum 4 hours).

Regardless of how you engage with KarieOut, we help you manage your nutrition from food allergen avoidance to adhering to a dietary plan including Whole30, Paleo, Keto/Low Carb, Gluten Free, Metabolic Typing, Weight Watchers, Vegetarian, Vegan and Whole Food Plant Based.

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