

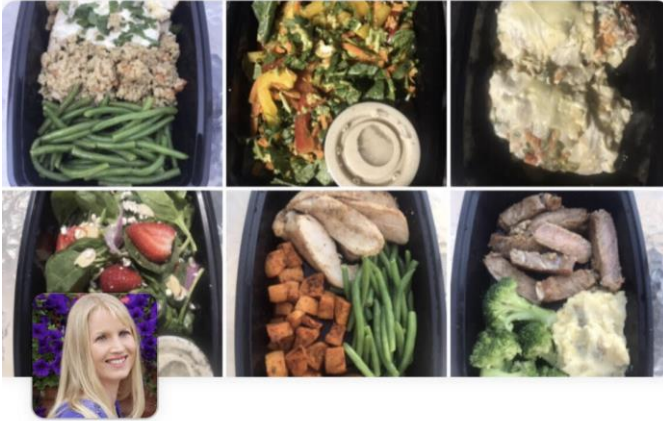
# **Meal Prep and Nutrition Coaching Services**

Jamie Latendresse, M.S., R.D.

**Meal Prep Chef / Nutrition and Health Coach**

**313-333-6648 / latendrj@gmail.com**

**www.revitalizewithjamie.com**



***Jamie's wholesome meals  
and treats***

- My mission for meal services is to provide delicious high quality homemade prepared foods that will nourish and revitalize you, stabilize your blood sugar, satisfy your cravings, help you manage your weight and decrease inflammation.
- Made with premium gluten free ingredients
- Paleo / Keto / Vegetarian options
- Customized meals and meal plans available
- All foods are available for both delivery and pick up in the Detroit Metro area.
- \$50 minimum order for pick-up / \$75 minimum order for delivery
- Call, text or email for additional details or questions.



- Call or text for weekly menu.
- Prices range from \$11 - \$15 per meal.
- Meal planning services available (calories / macros).
- Healthy meal replacement cookies and treats available.
- Nutrition coaching available for fat loss and health conditions.
- Catering services available (pans of food customized to customer preferences).