



# Nourish with Jamie

WHOLESONE MEALS & SNACKS

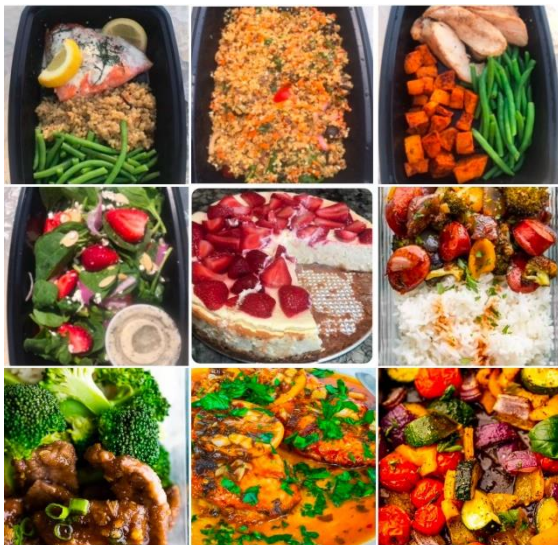
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[www.revitalizewithjamie.com](http://www.revitalizewithjamie.com)

## Meal Prep and Nutrition Services



- 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 (\$11-\$15 per meal)
- Customized meals and platters available
- Nutrition and health coaching for fat loss and health conditions

### CLIENT TESTIMONIAL:

*“I found Jamie at a time in my life when I had no idea what to eat. I was working all the time and needed to eat healthier meals. After eating her meals, my energy improved. Her meals sustained me through two years. I was amazed at how much I loved new foods I had never tried such as baba ganoush, kafta, Asian foods, shepherd’s pie, beef stroganoff and many other lovely foods”.*

~ Kristin Nagle