

Pre-Made Meal Delivery

Pre-made meals can be helpful when you have difficulty cooking healthy meals at home. Below is information about some pre-made meal delivery services in Perth. This is not a complete list of services.

Lite n' Easy



Visit www.liteneasy.com.au or call **13 15 12**
Order online or by phone

- **Minimum** order of **5 meals** from **\$73.95**
- **5 meals** for **\$22.20** under a Home Care Package or NDIS.

Delivery: From **\$4.95**

Diets available:

Gluten free
Vegetarian
Dairy free
High protein



Visit www.homechef.com.au or call **9510 9866**
Order online or by phone

- **Minimum** order of **5 meals** from **\$56.25**
- **5 meals** for **\$37.50** under a Commonwealth Home Support Program or Meals on Wheels.
- **5 Meals** for **\$14.05** under a Home Care Package or NDIS.
- Delivery: **Free**

Diets available:

Diabetic
Low salt
Gluten free
Dairy free
Soft



Visit www.feed-me.com.au or call **0405 359 642**
Order online

- **Minimum** order of **5 meals** from **\$44.75**

Delivery: **\$9.99** or **Free** for orders over **\$149**

Other pre-made delivery services:



Visit www.mymusclechef.com. Order online.
 • **Minimum order 10 meals from \$109.50**
 • **Delivery: \$20 or free for regular deliveries**



Visit www.fitfoodperth.com.au. Order online
 • **Minimum order 6 meals From \$66**
 • **Delivery: \$10**



Visit www.youfoodz.com. Order online.
 • **Minimum order 5 meals from \$69.95**
 • **Delivery: From \$8.99**
 • **Subscription service**

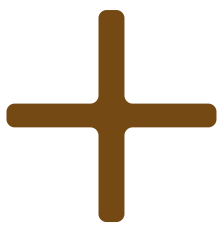
This image is to be edited by medical illustrations to remove the extra blue and green outline of the snake



Tips for ordering healthier meals

Choose a meal with:

Carbohydrate



Protein



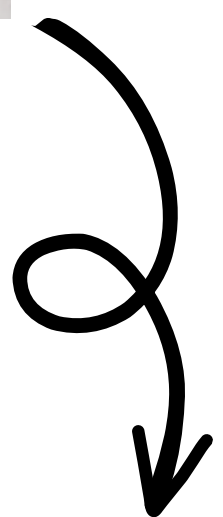
Vegetables



Aim for 2 cupped handfuls. If your meal seems low in vegetables, you can add extra fresh, tinned or frozen !

Choose meals with:

- Energy - **1700kJ or less**
- Carbohydrate - **30-50g per serve**
- Saturated Fat- **3g or less per 100g**
- Sodium - **400mg or less per 100g**



The voice of the Aboriginal community is reflected in this resource through Aboriginal consultation to ensure that cultural appropriateness and the health impacts on Aboriginal people have been considered and incorporated (Record ID: 2365)

