



Our Philosophy

Xpress Chefs' Healthy Options Meal Plan offers delicious and nutritious meals that are ready to eat or to simply heat and serve. Unlike frozen meals you find in the supermarket, our meals made from scratch with the freshest ingredients, local flavors and nutrition most in mind.

Prepared under the guidance of our Chef, meals are designed by our Registered Dietitian to emphasize fruits, vegetables, whole grains, and heart healthy fats. We use no trans fats and limit cholesterol, sodium, added sugars and saturated fats.



Did you know:

Xpress Chefs is a division of Lanakila Pacific. All proceeds from the sale of Xpress Chefs products directly fund the Lanakila Meals on Wheels program.

Xpress Chefs is a division of Lanakila Pacific, a unique Hawaii-based non-profit building independence for thousands of people with challenged lives, each year.

Our Healthy Options Meal Plan is delivered by Lanakila Meals on Wheels *and more!* Proceeds from this program support meals for seniors in need.

TO LEARN MORE

please contact our customer service office at (808) 531-0555 or cr@lanakilapacific.org

We also invite you to visit Lanakila Pacific for a tour to see the programs and services first hand.

Mahalo for your interest in Xpress Chefs Healthy Options Meal Plan!

XPRESSCHEFS.COM

Contact Info:

Office
(808) 531-0555
Fax
(808) 533-7264



Healthy Options Meal Plan



With Xpress Chefs' Healthy Options Meal Plan, it's easy and convenient to enjoy a wide variety of tasty meals that provide nutritional support for you or your loved ones. All proceeds support Lanakila Meals on Wheels *and more!*

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How It Works

1. Choose your Healthy Options Meal Plan

2. Get delicious meals that are ready to eat or to simply heat and serve, delivered right to your door.



3. Save time on cooking and shopping, and enjoy eating healthier!

All proceeds support Lanakila Meals on Wheels *and more!*, Hawaii's largest and only island-wide meal provider for seniors.

For more information, locations and delivery schedules, please contact us at 531-0555.

Did you know:

Our menus are designed by a Registered Dietitian and prepared under the guidance of a Chef to meet the USDA Dietary Guidelines.



Healthy Options Made Easy

With **Healthy Options**, your choice of meal plan will be delivered directly to your door each week by a friendly Lanakila Meals on Wheels delivery driver, including tasty, nutritious meals that are ready to eat or to simply heat and serve.

Simply select the type of meals you prefer from:

- *Healthy Favorite Meals*: our most popular meals featuring healthful, home style recipes

-or-

- *Healthy Heart Meals* featuring the same great flavors but with recipes that are much lower in fat and sodium for added health benefits.

Then select your meal plan:

- Lunch Only -or-
- Lunch and Breakfast



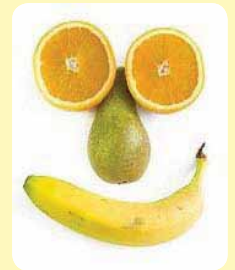
And, let us know how many meals you'd like to receive each week.

That's it!



Sample Menus

Breakfast menus include items such as fruit yogurt, raisin bread, pancakes, oatmeal, cereal, muffins, corn bread and mixed fruit



Lunch menus include items such as turkey chili, oven fried chicken with country gravy, beef stew, Hawaiian BBQ pulled chicken on a bun and chicken hekka with sides such as steamed brown rice, steamed vegetables, salad and fruit. All meals include a 1/2 pint milk.

For a copy of our current menu and more information, please contact us at 531-0555.

Did you know:

Xpress Chefs also offers catering! We deliver for business meetings and special events. For a copy of our catering menu, please call 533-3054 or visit WWW.XPRESSCHEFS.COM.