**✅ Service Details:**

* Prepared in **your home** using your ingredients
* Must provide **containers**, **cooking essentials**, and a **clean kitchen**
* **24-hour notice** required with ingredient list and any **dietary requirements**
* Maximum **2 hours** per session

**💵 Pricing:**

| **Service** | **Description** | **Price** |
| --- | --- | --- |
| **Basic Meal Prep (Up to 3 Meals)** | Up to 2 hours of prep time | $65 flat rate |
| **Add-On Meal** | Each additional meal prepared within the 2-hour limit | +$10 per meal |
| **Special Dietary Planning Support** | Assistance with meal planning based on dietary needs (diabetic, low-sodium, etc.) | +$15 per session |

*No grocery shopping or food sourcing included. All ingredients must be provided.*

**📅 Book your in-home meal prep today at info@ladybyrdexpress.com**

**Healthy meals made simple—so you can enjoy more time doing what you love.**