

| MEAL PREP | WITHOUT SNACK | WITH SNACK |
|--------------------------|----------------------|-------------------|
| 5 DAYS BREAKFAST | N14,000 | N18,450 |
| 10 DAYS BREAKFAST | N28,000 | N36,500 |
| 25 DAYS BREAKFAST | N68,800 | N88,750 |
| | | |
| 5 DAYS LUNCH | N17,500 | N21,950 |
| 10 DAYS LUNCH | N35,000 | N43,500 |
| 25 DAYS LUNCH | N86,300 | N106,300 |
| | | |



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MEAL PREP

**WITHOUT
SNACK**

**WITH
SNACK**

5 DAYS BF & L

N31,500

N35,900

10 DAYS BF & L

N63,000

N71,500

25 DAYS BF & L

N155,000

N175,000

5 DAYS L & D

N34,000

N38,400

10 DAYS L & D

N68,000

N76,500

25 DAYS L & D

N165,750

N188,750



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**BF- BREAKFAST
L- LUNCH
D- DINNER**

| MEAL PREP | WITHOUT SNACK | WITH SNACK |
|-----------------------------------|----------------------|-------------------|
| 5 DAYS BF & L & D | N47,500 | N51,900 |
| 10 DAYS BF & L & D | N95,000 | N103,500 |
| 25 DAYS BF & L & D | N235,000 | N255,000 |



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BF- BREAKFAST
L- LUNCH
D- DINNER

NOTE:

Before signing up for a meal prep service, please ensure to fill the meal prep form, read terms and conditions and properly go through the menu.



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