

MEAL PREP	WITHOUT SNACK	WITH SNACK
5 DAYS BREAKFAST	N15,250	N19,700
10 DAYS BREAKFAST	N30,500	N39,000
25 DAYS BREAKFAST	N75,050	N95,000
5 DAYS LUNCH	N18,750	N23,200
10 DAYS LUNCH	N37,500	N46,000
25 DAYS LUNCH	N92,550	N112,550



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MEAL PREP	WITHOUT SNACK	WITH SNACK
5 DAYS BF & L	N34,000	N38,400
10 DAYS BF & L	N68,000	N76,500
25 DAYS BF & L	N167,500	N187,500
5 DAYS L & D	N36,500	N40,900
10 DAYS L & D	N73,000	N81,500
25 DAYS L & D	N178,250	N201,250



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BF- BREAKFAST
L- LUNCH
D- DINNER

MEAL PREP	WITHOUT SNACK	WITH SNACK
5 DAYS BF & L & D	N51,250	N55,650
10 DAYS BF & L & D	N102,500	N111,000
25 DAYS BF & L & D	N253,750	N273,750

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.

Please note that meal prep runs only **MONDAYS -FRIDAYS (Working days)**



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