



Agreement

1. **Payment is to be made at the beginning of each month.**
2. Full membership payment is expected regardless of clients skipped days. A missed meal will always be rescheduled or credit adjustment will be made for the following month **if** 24-hour notice from meal prep date is received.
3. Meals are prepared fresh each day and are delivered fresh on **Mondays** and **Thursdays** of each month. Some months have extra days and will be included in the amount due. Please see payment schedule in line 8.
4. In the event of delivery, it is requested to do one of the following leave a cooler outside the drop off area for example the Lifoam 3417 Styrofoam Cooler collection for \$9.95 from Amazon, have a designated spot for delivery to be left safely or be present to receive the meal. If this were not possible, then arrangements would have to be made to ensure delivery or the delivery will not be made. A 24hour notice is requested on delivery changes.
5. Mobile Macro Meals Club logo bags and glass containers* are supplied to each contractual participant. A security refundable deposit of \$50 is required as a one- time fee when registering or may be secured with a cc on file. **The fee will be forfeited after the 2nd time containers and bag are not returned during delivery.**
6. Upon delivery **please have all delivery containers washed (plastic lids preferably top rack of dish washer or by hand) left in bag open to air and ready for pick up** for the next meal delivery. If containers are not returned then PBA free disposable containers will be used at a reimbursement of \$2.00/each. ***Not applicable until glass containers are provided.**
7. In the event that a client is unable to receive their meal, or would like to add an extra meal, it is their responsibility to notify coordinator@mobilemacromealsclub.com prior to 4pm at least one business day before the meal is to be cooked.
8. Your timely payment due, on the first day of the month, confirms your meals for that month.

Cost For Meals:

Delivered: within 25 -mile radius)

4 meals \$131.80

5 meals \$ 164.75

8 meals \$263.60

9 meals \$ 296.55

Pick –up: after 2pm from Citizen’s Kitchen at 4611 Alabama Ave. Nashville.

4 meals \$91.80

5 meals \$ 114.95

8 meals \$184

9 meals \$206.55

Extras: (24 hour notice from meal due date)

1 random extra meal w/ contract \$22.95

1 random meal w/o contract. \$30.00

delivery outside 25-mile radius is \$5.00 for a maximum of 10 extra miles.

3 ways to pay:

1. make all checks payable to VMH Services and mail to 106 Seminole Drive Franklin, Tn. 37069

2. make online payment www.mobilemacromealsclub.com

3. we keep your card securely on file and we will charge you automatically the first day of the month.

9. Prices subject to change. Participants will be notified.
10. You will receive a weekly email announcing that week’s menu. Meals are prepared gluten free with organic and seasonal ingredients whenever available. Substitutions are at the Chef’s discretion. Allergies and dietary specifics will be taken into consideration.
11. Meal maybe consumed at room temperature. We request you DO NOT use a microwave to reheat. You may reheat on stovetop or in the oven.
12. You may contact Virginia@youcanhealyou.com for any questions, comments and notifications.



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Thank you for participating in our meal service. We are dedicated to provide you with healing meals that make a difference!

Please sign and return this portion with notification of your payment. You may scan and send to coordinator@mobilemacromeals.com Thank you.

I, the participant, agree to the terms and conditions for the Mobile Macro Meals Club. In the event that I choose not to have meals delivered, for the consecutive months, then these terms become null and void at the end of my monthly agreement. The food containers and bag belong to MMMC and I will recycle them at each delivery or pick up as detailed in the agreement. I agree to forfeit the \$50 security deposit and be charged \$2 for disposable containers if containers are not recycled by the 2nd delivery or pick up. I release and discharge Virginia M. Harper, the VMH Services and their officers, representatives, cooks and agents, from any and all claims and demands of every nature which I now have or may have in the future as a result of accepting this service.

Date: ___/___/___ **Signature:** _____