



Thank you for showing interest in Field of Greens DFW meal prep services!

This quick and convenient system was created to provide healthy and delicious food options for the working-class and/or health savvy individual who is ready for a lifestyle change through their diet.

Here is how it works:

- 1) View the menu items sent to your email every week (a minimum of 5 meals is required for ordering).
- 2) Text 865-385-0747 or email (fogdfw@gmail.com) your order for the week.
- 3) Receive invoice via text.
- 4) Pay Option: PAYPAL ONLY. A 4% service fee will be applied.
- 5) Pick up your meals each week.

That is it!

Q) How often does the menu change?

A) A new menu will roll out once a week with fresh and new menu options for you to choose from. A minimum of five meals is required for ordering.

Q) Do you accommodate those with food allergy/diet restrictions?

A) Of course! Please make us aware of any dietary or food allergy restrictions you might have at the time of your order.

Q) How does the delivery option work?

A) ****PLEASE NOTE**** At this time, we have discontinued delivery until further notice. All orders will be PICK UP only from The Colony Zip Code: 75056. Address will be released at the time of ordering and received payment.

Q) What happens if I miss the 9:00PM Thursday cut off date to order?

A) Unfortunately, with the high volume of customers, the cut off date is put in place to give ample time to prepare your meals with the best quality and care that you deserve.

Q) What do I do with the meal prep containers when I finish?

A) Great question! Each container is microwave and dishwasher safe. Once you have devoured your meal, simply WASH and DRY each container. They will be collected at the following pick up time when you receive your next set of meals. Failure to do so will result in a \$10 replacement fee on your next order.



@fieldofgreensdfw