



1. **Payment is to be made at the beginning of each month.**
2. Please email [coordinator@mobilemacromealsclub.com](mailto:coordinator@mobilemacromealsclub.com) by the 1<sup>st</sup> of the month to communicate any schedule changes for the upcoming month.
3. Meals are prepared and delivered fresh every Monday and Thursday, with the exception of certain holidays. Those dates will be communicated at the beginning of the month in the weekly menu email.  
Also, when months have extra Mondays and/or Thursdays, the price of additional meals will be reflected in the amount due. Please see payment schedule on line 8.
4. For safekeeping and added insulation, an option would be for you to obtain a Styrofoam or other insulated container large enough to fit our insulated delivery bag. When the meal is delivered, either the Styrofoam or other insulated container should be left outside in a safe, designated drop off area, or someone should be present to receive the delivery.
5. Mobile Macro Meals Club logo bags and glass containers are supplied to each contractual participant. There is a one-time, refundable security deposit of \$55 for 6 food containers and 2 Ball Mason jars. At termination of contract, deposit will be refunded with return of glass containers, jars, and bags. \*  
\*You have the option of supplying your own per specifications provided (see below).
6. At the time of delivery, **please have all delivery containers from the previous delivery washed (plastic lids should be washed in the top rack of the dishwasher or washed by hand), left in bag open to air and ready for pick up.** These containers will be sanitized in our facility. **If containers are not returned, BPA-free containers will be provided for the next delivery at a charge of \$1.00/each.**
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](mailto:coordinator@mobilemacromealsclub.com) or text 615-766-3106 before 4 pm at least one business day before the meal is to be cooked.
8. Prices subject to change. Participants will be notified.
9. Your club membership includes a weekly email announcing that week's menu and other special offers. Check your spam file.
10. 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 may be consumed at room temperature. We request you DO NOT use a microwave to reheat. You may reheat on stovetop or in the oven in a separate container.
12. You may contact [coordinator@mobilemacromealsclub.com](mailto:coordinator@mobilemacromealsclub.com) with any questions, comments and notifications.
13. Your timely payment due on the first day of the month confirms your meals for that month.
14. **Cost For Meals:**
  - Delivered:** (within 25 -mile radius)
    - 4 single meals \$140.00
    - 5 single meals \$175.00
    - 8 single meals \$280.00
    - 9 single meals \$305.00
  - Pick up:** curbside pick- up starting at 2:30 pm @ 106 Seminole Dr. Nashville, 37069 ... 615-766-3106 until further notice.
    - 4 single meals \$100.00
    - 5 single meals \$125.00
    - 8 single meals \$200.00
    - 9 single meals \$225.00
  - Extras: (we need 24 -hour notice from the meal due date)**
    - 1 random extra meal w/ contract - Pick Up/Delivered with the pre-ordered meal:  
\$25.00 + \$3.00 for containers = **\$28.00**
    - 1 random extra meal Pick Up/Delivered w/out contract:  
\$35.00 + \$3.00 for containers = **\$38.00** (additional meals on same day, \$33.00)

-Delivery outside 25-mile radius is \$10.00 for a maximum of 10 extra miles.

15. **2 ways to pay:**

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

[Extra meal](#)

[4 single meals delivered](#)

[5 single meals delivered](#)

[8 single meals delivered](#)

[9 single meals delivered](#)

[4 single meals pickup](#)

[5 single meals pickup](#)

[8 single meals pickup](#)

[9 single meals pickup](#)

**\*If you wish to provide your own containers, please supply 6 - 16oz. containers like the ones pictured, as well as 2 16oz Ball Mason jars with securely closing lids.**



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Please sign and return this portion with notification of your payment, and please retain the above portion for your reference. You may scan and send to [coordinator@mobilemacromealsclub.com](mailto:coordinator@mobilemacromealsclub.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, I will communicate thus in writing to [coordinator@mobilemacromealsclub.com](mailto:coordinator@mobilemacromealsclub.com) by the end of the current month and these terms become null and void.

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 \$55 security deposit if glass containers are not returned in a timely manner, and I will be charged \$1 for BPA free plastic containers.

I release and discharge Virginia M. Harper, VMH Services, LLC 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: \_\_\_\_\_

Please Type or Print:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Delivery Instructions \_\_\_\_\_

Container Preference

I will pay \$55 deposit for MMMC to provide containers \_\_\_\_\_

I will provide 6 - 16oz. containers and 2 - 16 oz. Ball mason jars at my first delivery/pickup \_\_\_\_\_

