



Plant Based Meals

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"How You Can Make It Convenient for Your Patients to Eat Healthy Meals"

Dear Doctor and Administration,

While many patients understand the importance of shifting their lifestyle to protect their health, such change is often difficult to implement. As you know, an increasing number of published studies support the power of a whole food, plant-based diet to prevent chronic illness and, in many cases, to at least partially reverse chronic conditions such as heart disease, obesity, and type 2 diabetes. Patients may know this, and yet still remain stuck in the rut of living on burgers, french fries, and donuts.

Plant Based Meals (PBM) is San Diego's only 100% plant-based meal prep service. We deliver fresh, tasty, ready-to-eat meals straight to your patients' homes. PBM cooks with whole food, plant-based ingredients with no added oil or sugar in any of our meals. We are equipped to make accommodations for your patients that require "special diets" e.g., gluten free or low fat.

We would like to partner with your clinic to offer your patients our home delivery service. The convenience of these delicious meals can help them improve their food choices to reach health goals. By sharing information on our affordable meal packages, you are giving your patients an extra tool to succeed.

To get your patients started, PBM would create a special 15% off discount code unique to your practice, and deliver informational flyers with this code to your office. To learn more, please check www.plantbasedmeals.com. Our site has our current menu, appetizing photos of PBM food, and more information on plant-based diets.

Please join us in helping patients invest in their health with Plant Based Meals. We look forward to speaking with you, and will be following up with your office.

Thank you,

Angela Stanger, Co-owner and Executive Director

Sonya Gomez, Co-owner and Executive Director