



Home Care Package

Information & Pricelist

Lite n'Easy

liteneasy.com.au | 13 15 12

The secret to ageing well is simple. Eat Well.



"The meals are amazing and I love having so much variety to choose from. My package pays for 70% and I pay 30% which makes it so affordable. I can't thank Lite n' Easy enough." Aunty Barb

Independence. Choice. Happiness.

Lite n' Easy is more than just a weight loss solution. We also offer affordable, high-quality meals designed to promote healthy eating, well-being, and a better quality of life for all seniors.

We also partner with most **Home Care Package (HCP)** providers across Australia, which means HCP recipients may be eligible to receive subsidised meals from Lite n' Easy.

70%

paid by the
HCP provider

30%

paid by the
Lite n' Easy customer

With a range of affordable and flexible meal plans available, approved HCP recipients will only pay around \$3 per meal when they get Lite n' Easy's meals delivered to their home. For a full list of pack options and prices, turn to page 4.

Getting started is easy.

1. For those on a Home Care Package, please contact your HCP provider and request Lite n' Easy as your meal delivery service.
2. Your HCP provider will set up an account with Lite n' Easy, if they don't already have one, and provide us with your details.
3. One of our consultants will contact you to organise your first delivery.

For a list of current Home Care Package providers offering Lite n' Easy services, please visit liteneasy.com.au/home-care-packages or call us on 13 15 12.

Delicious, nutritious meals everyone can enjoy.

At Lite n' Easy, we believe the secret to ageing well, is to simply eat well. It's why we offer over 235 meals to choose from, in a variety of sizes to suit every appetite.

Standard Lite n' Easy Meals

Larger in size and suitable for older Australians with bigger appetites, Lite n' Easy's classic range of meals includes our standard dinners as well as a huge variety of breakfasts, lunches and snacks to enjoy.



My Choice Meals

As we get older our nutritional needs change and for some, a reduced appetite may make it difficult to eat enough of the right food to maintain optimum health. My Choice is a range of affordable dinners, soups and desserts developed specifically to promote better health and well-being in older Australians with smaller appetites.

My Choice

Making it easy to eat well.

Lite n' Easy Standard Dinner Packs	70% covered under HCP funding	HCP recipient pays 30%	Approximate Cost Per Meal
5 x Dinners	\$53.52	\$22.94	\$4.59
7 x Dinners	\$66.12	\$28.34	\$4.05
10 x Dinners	\$89.22	\$38.24	\$3.82
14 x Dinners	\$115.12	\$49.34	\$3.52
21 x Dinners	\$165.17	\$70.79	\$3.37
28 x Dinners	\$205.07	\$87.89	\$3.14



Smaller Meals & Desserts

5 x Everyday Value Meals	\$26.22	\$11.24	\$2.25
10 x Everyday Value Meals	\$50.37	\$21.59	\$2.16
5 x Standard Soups	\$17.12	\$7.34	\$1.47
5 x Standard Desserts	\$12.22	\$5.24	\$1.05

Prices listed are based on HCP approved recipients paying 30% of the full RRP and their HCP Provider paying the remaining 70% of the full RRP. A \$7.95 administration fee per order may be included in the 70% amount payable by the HCP provider. All prices are inclusive of GST and subject to change.

Some delivery areas may also incur a delivery fee.

Lite Meal Plans

Includes Standard Dinners

70% covered
under HCP
funding

HCP
recipient
pays 30%

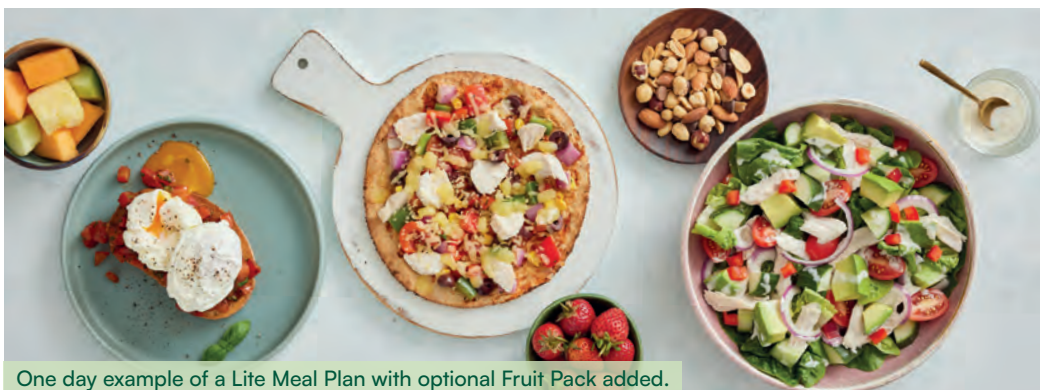
Approximate
Cost
Per Meal

3 day - Breakfast, Lunch, Dinner & Snacks	\$59.47	\$25.49	\$2.83
4 day - Breakfast, Lunch, Dinner & Snacks	\$73.12	\$31.34	\$2.61
5 day - Breakfast, Lunch, Dinner & Snacks	\$88.52	\$37.94	\$2.53
5 day - Lunch & Dinner & Snacks	\$78.37	\$33.59	\$3.36
7 day - Breakfast, Lunch, Dinner & Snacks	\$116.87	\$50.09	\$2.39
7 day - Breakfast & Lunch	\$69.27	\$29.69	\$2.12
7 day - Lunch, Dinner & Snacks	\$98.32	\$42.14	\$3.01

Standard Meal Plans

Includes Standard Dinners

3 day - Breakfast, Lunch, Dinner & Snacks	\$64.37	\$27.59	\$3.07
4 day - Breakfast, Lunch, Dinner & Snacks	\$81.52	\$34.94	\$2.91
5 day - Breakfast, Lunch, Dinner & Snacks	\$95.17	\$40.79	\$2.72
5 day - Lunch & Dinner & Snacks	\$83.62	\$35.84	\$3.58
7 day - Breakfast, Lunch, Dinner & Snacks	\$127.72	\$54.74	\$2.61
7 day - Breakfast & Lunch	\$79.42	\$34.04	\$2.43
7 day - Lunch, Dinner & Snacks	\$103.92	\$44.54	\$3.18



One day example of a Lite Meal Plan with optional Fruit Pack added.

My Choice

High protein, energy dense meals for older Australians, packed full of taste and goodness.

My Choice Meal Packs

	70% covered under HCP funding	HCP recipient pays 30%	Approximate Cost Per Meal
5 x My Choice Dinners	\$53.52	\$22.94	\$4.59
7 x My Choice Dinners	\$66.12	\$28.34	\$4.05
10 x My Choice Dinners	\$89.22	\$38.24	\$3.82
14 x My Choice Dinners	\$115.12	\$49.34	\$3.52
21 x My Choice Dinners	\$165.17	\$70.79	\$3.37
28 x My Choice Dinners	\$205.07	\$87.89	\$3.14
5 x My Choice Soups	\$19.92	\$8.54	\$1.71
5 x My Choice Desserts	\$14.67	\$6.29	\$1.26



My Choice Meal Combos

3 x MC Dinner + MC Soup + MC Dessert Pack	\$50.37	\$21.59	\$2.40
5 x MC Dinner + MC Soup + MC Dessert Pack	\$74.87	\$32.09	\$2.14
7 x MC Dinner + MC Soup + MC Dessert Pack	\$97.27	\$41.69	\$1.99
3 x MC Dinner + MC Soup Pack	\$43.02	\$18.44	\$3.07
5 x MC Dinner + MC Soup Pack	\$62.97	\$26.99	\$2.70
7 x MC Dinner + MC Soup Pack	\$80.47	\$34.49	\$2.46

My Choice Dinners

+ Breakfasts & Lunches *from 'Lite' Meal Plan*

70% covered
under HCP
funding

HCP
recipient
pays 30%

Approximate
Cost
Per Meal

5 day - MC Dinner + Classic Breakfast & Lunch	\$88.52	\$37.94	\$2.53
5 day - MC Dinner + Classic Lunch	\$78.37	\$33.59	\$3.36
7 day - MC Dinner + Classic Breakfast & Lunch	\$116.87	\$50.09	\$2.39
7 day - MC Dinner + Classic Lunch	\$98.32	\$42.14	\$3.01

My Choice Dinners

+ Breakfasts & Lunches *from 'Standard' Meal Plan*

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5 day - MC Dinner + Classic Breakfast & Lunch	\$95.17	\$40.79	\$2.72
5 day - MC Dinner + Classic Lunch	\$83.62	\$35.84	\$3.58
7 day - MC Dinner + Classic Breakfast & Lunch	\$127.72	\$54.74	\$2.61
7 day - MC Dinner + Classic Lunch	\$103.92	\$44.54	\$3.18



**For more information or to order,
call us on 13 15 12.**



For a list of current
Home Care Package providers
partnering with Lite n' Easy visit
liteneasy.com.au/home-care-packages
or call us on 13 15 12

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