

FAQ

1. For how many servings are the recipes?

All recipes are for 4 servings. You can adjust it to what you need.

2. Do you use animal products?

Yes, I use meat, dairy, and such, but for almost all recipes I suggest a vegan option.

3. What are the grocery costs for the weekly meal plan?

I try to keep your (and mine!) budget in mind and use everyday products. You might need to purchase things like spices that you don't have in your cabinet. Every now and then there might be a more expensive item, but you don't have to use it if you don't want. I am very aware of the rising grocery prices and am mindful of that.

4. Do I have to buy everything organic?

No, for sure not. This is totally your own choice. I am a big fan of buying things local so I might encourage you to visit your local farmers market. So fun!

5. Can I cancel at any time?

Yes, cancel before the 27th of the month and your subscription will be cancelled right away for the next month.

6. Are the prices in Canadian dollars?

Yes, prices are in Canadian dollars with no tax.