



SUBSCRIPTION MANAGEMENT

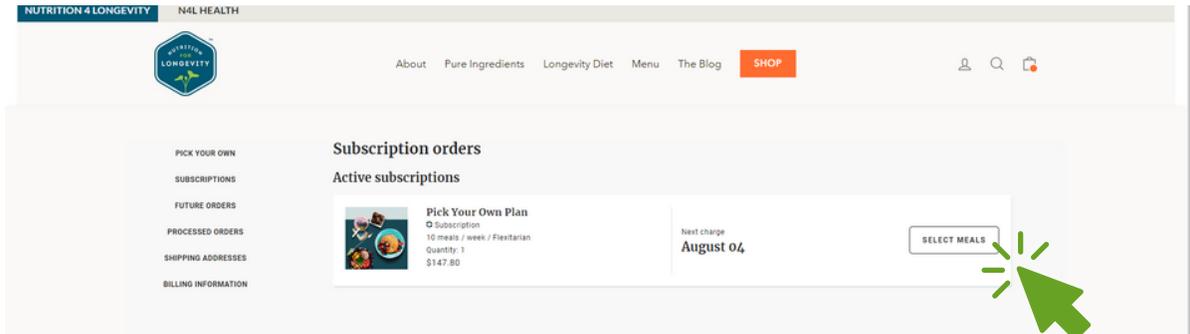


FOLLOW THE STEPS BELOW TO MANAGE YOUR WEEKLY MEALS

1

LOG INTO YOUR ACCOUNT

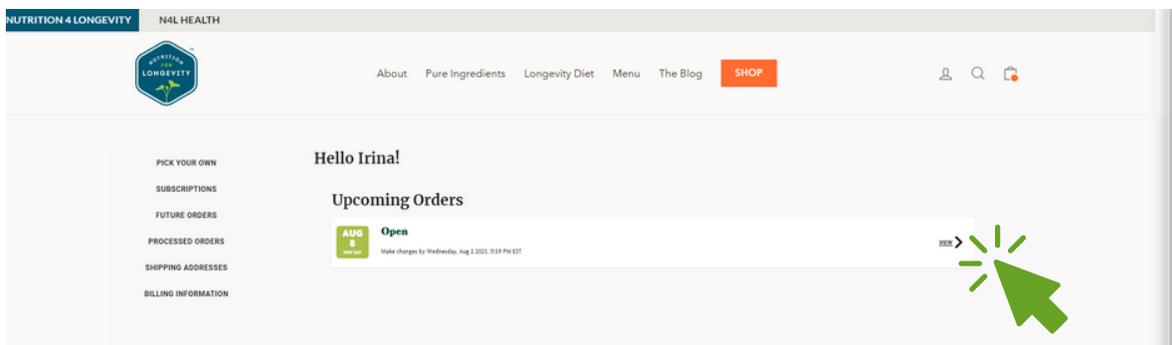
Sign into your account at nutritionforlongevity.com and click "manage subscriptions" then click "select meals"



2

CHOOSE THE WEEK TO SELECT MEALS

Navigate to the right side of the screen and select "View"



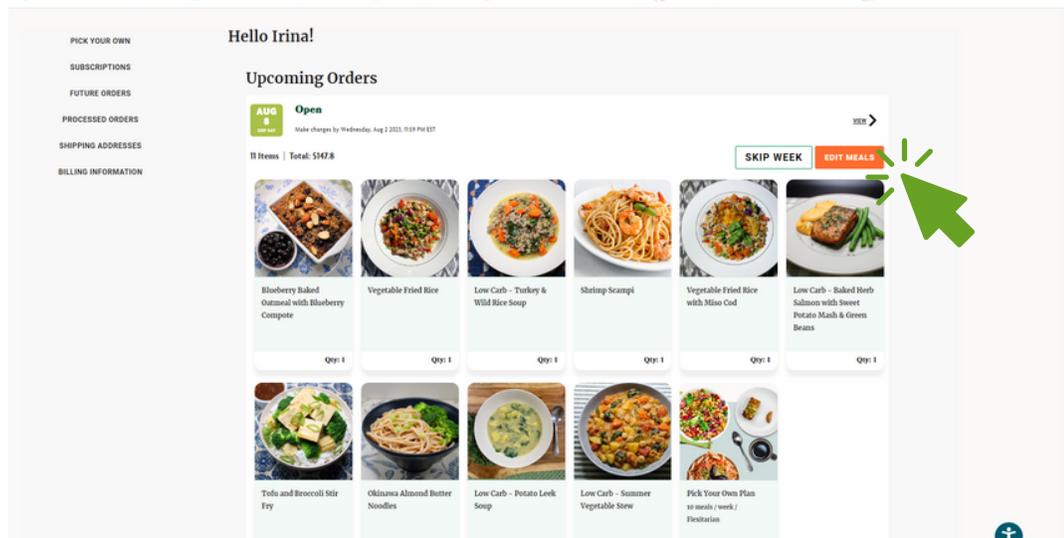


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3

SKIP OR EDIT YOUR UPCOMING MEALS

The meals on this screen are a placeholder. You may choose to select your next week's meals here or choose to skip a delivery. Select "edit meals" to pick your preferences for the next delivery.



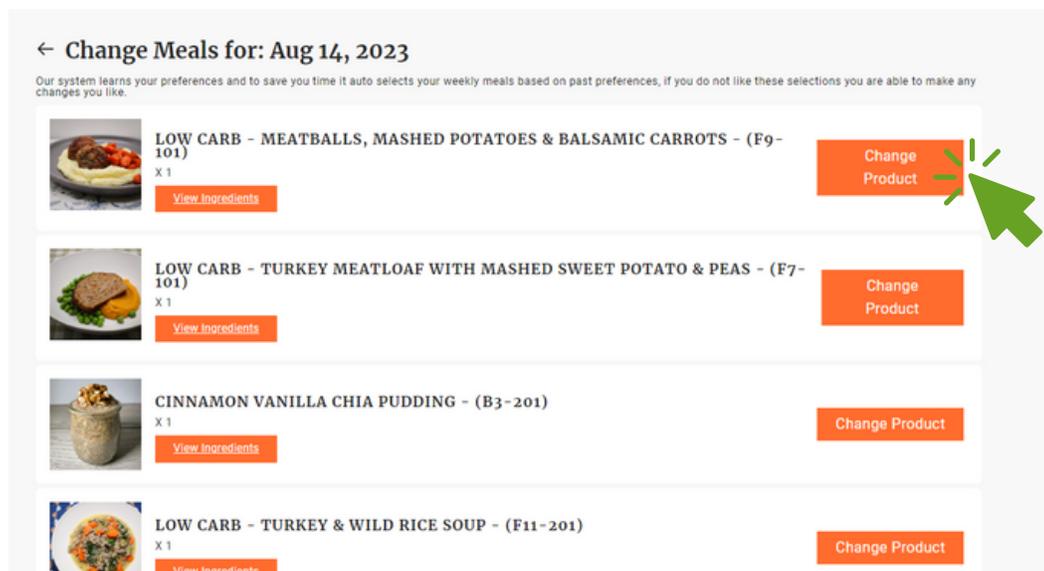
4

CHANGE PRODUCT TO SWAP MEAL

To edit a meal select "Change Product".

**Note: Our menu changes weekly and the items displayed may NOT be available the following week. We highly encourage you to select "Change product" to ensure your choice is available for the delivery week chosen.

As a reminder, changes can only be made for following week's order until Wednesday 11:59pm EST.



5

SELECT PRODUCT TO SWAP MEAL

Select product you would like to swap the meal with for that week's delivery.

← Change Meals for: Aug 14, 2023

Our system learns your preferences and to save you time it auto selects your weekly meals based on past preferences, if you do not like these selections you are able to change them.

- LOW CARB - MEATBALLS, MASHED POTATOES & BALSAMIC CARROTS - (F9-101) X 1 [View Ingredients](#) [Change Product](#)
- LOW CARB - TURKEY MEATLOAF WITH MASHED SWEET POTATO & PEAS - (F7-101) X 1 [View Ingredients](#) [Change Product](#)
- CINNAMON VANILLA CHIA PUDDING - (B3-201) X 1 [View Ingredients](#) [Change Product](#)
- LOW CARB - TURKEY & WILD RICE SOUP - (F11-201) X 1 [View Ingredients](#) [Change Product](#)

Select Product

- Carrot Cake Bread with Vegan Cream Cheese Icing [View Ingredients](#) [Select](#)
- Blueberry Baked Oatmeal with Blueberry Compote [View Ingredients](#) [Select](#)
- Cinnamon Vanilla Chia Pudding [View Ingredients](#) [Select](#)
- Sweet Potato Hash [View Ingredients](#) [Select](#)
- Low Carb - Carrot Cake Bread with Hard Boiled Eggs [View Ingredients](#) [Select](#)

6

REVIEW & SAVE

Review your order and scroll to the bottom and select "Save" to ensure your edits are saved.

- LOW CARB - TURKEY MEATLOAF WITH MASHED SWEET POTATO & PEAS - (F7-101) X 1 [View Ingredients](#) [Change Product](#)
- LOW CARB - LEMON CHICKEN WITH ASPARAGUS & WILD RICE - (F8-101) X 1 [View Ingredients](#) [Change Product](#)
- PESTO PASTA WITH CHERRY TOMATOES WITH CHICKEN - (F3-201) X 1 [View Ingredients](#) [Change Product](#)
- SHRIMP SCAMPI - (P3-201) X 1 [View Ingredients](#) [Change Product](#)
- PICK YOUR OWN PLAN - (PYO010) 10 meals / week / Flexitarian X 1 [View Ingredients](#)

[Save](#)

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NEED ASSISTANCE?

Call us Monday-Friday 8am-4pm EST at 973-970-9063. If you prefer email, you may reach us at customerservice@nutritionforlongevity.com