



Catering for good taste

Our delivery meal service offers affordable, quality, healthy, fresh food which is easy to prepare. So, you can choose from nutritious choices for breakfast, lunch or dinner – helping you maintain optimum health.



Stress-free



Healthy and nutritious meals



Safe, no-contact delivery to your door



Heat and eat in minutes

For further information:

1300 782 896 | integratedliving.org.au



integratedliving

*supporting individuals
enriching communities*



Benefits

Whether you are looking to live a healthier lifestyle or just want healthy nutritious balanced meals, our home delivery service is the most convenient, affordable and enjoyable way to achieve what you are looking for.

Prepared by expert chefs we deliver straight to your door and have a wide range of tasty, value for money and healthy meals catered to any special dietary requirement.

* **Social distancing? No problem. We can offer safe, no-contact delivery to your door, in line with Department of Health guidelines.**

Contact us on **1300 782 896** for more information or visit **integratedliving.org.au**

