

MY MUSCLE
CHEF



NDIS
INFORMATION
& PRICE GUIDE

We support the

ndis



OUR PURPOSE

At MYMC, we are dedicated to being the leading ready-made meal company in Australia, committed to helping Every Body and Every Goal. Our mission is to support dietary needs by providing convenient, nutritious, and delicious meals.

All our meals are crafted by our dietitians and in-house chefs at our NDIS accredited facilities in Sydney, NSW, ensuring every meal aligns with our high standards of quality and nutrition.

OUR PRODUCTS

Our extensive menu features over 70 High Protein Meals, each designed to offer balanced nutrition for various dietary preferences. Made from the freshest ingredients, all our meals are delivered to you fresh, never frozen. This commitment ensures that you enjoy the highest quality and taste with every bite.

- **DESIGNED BY EXPERTS**
Our meals are meticulously planned by dietitians and prepared by our skilled chefs.
- **FRESH, NOT FROZEN**
Enjoy the peak of freshness as all our meals are made and delivered fresh.
- **WIDE VARIETY**
Over 70 high protein options to cater to your unique nutritional requirements

DELIVERY

We make it easy for you to enjoy our nutritious meal with our efficient delivery service.

- **NEXT DAY DELIVERY**
Available within Metro Sydney, ensuring you get your meals promptly.
- **FREE SHIPPING***
Enjoy free shipping on all subscription orders*.
- **FLEXIBLE SUBSCRIPTIONS**
No lock-in contracts and the flexibility to update your order as your needs change.

PRODUCTS

SINGULAR ITEMISED BREAKDOWN

Individualised Items	Total Amount Payable	NDIS Contribution (70%)	Participant Payment (30%)
High Protein Meals	\$10.95	\$7.67	\$3.29
PLUS+	\$13.95	\$9.77	\$4.19
Protein Only	\$13.95	\$9.77	\$4.19
Hot Breakfast	\$10.95	\$7.67	\$3.29
Protein Oats	\$3.50	\$2.45	\$1.05
Protein Yoghurt	\$3.95	\$2.77	\$1.19
Oat Slice	\$4.95	\$3.47	\$1.49
Soups	\$6.95	\$4.87	\$2.09
Protein Cookie	\$4.95	\$3.47	\$1.49
Protein Muffin	\$4.95	\$3.47	\$1.49
Protein Balls	\$3.50	\$2.45	\$1.05
Beef Jerky	\$8.50	\$5.95	\$2.55
Recovery Bars	\$4.50	\$3.15	\$3.15
Protein Crisp Bars	\$4.50	\$3.15	\$3.15
Protein Bites	\$2.95	\$2.07	\$0.89
Protein Shake	\$5.95	\$4.17	\$1.79
Energy Drinks	\$4.95	\$3.47	\$1.49
Low Carb Bars	\$3.95	\$2.77	\$1.19

ORDERING AND PAYMENT

All orders need to be paid upfront, and eligible participants can claim up to 70% of their order's cost back from NDIS, depending on their individual plans. This system makes nutritious eating accessible and hassle-free, reducing the stress of meal planning.

CONTACT INFORMATION

Have questions or need more information?
Contact us for personalised assistance.

📞 1300 364 993

✉️ team@mymusclechef.com

**EVERY BODY,
EVERY GOAL.**



Registered NDIS Provider

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CHEF®**

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EVERY GOAL.**