



# Gift Membership

## A Nourishing Meals® Meal Planning Membership



You've received a Nourishing Meals® membership—designed to make eating well simpler, more enjoyable, and supportive of real life.

Choose your dietary preferences, explore nourishing recipes, create personalized meal plans, and generate organized shopping lists—all in one easy-to-use place.

### Your Membership Includes:

- Access to over 1,800 nourishing, done-for-you recipes
- More than 70 diet options to support individual needs
- Personalized meal planning for individuals and families
- Automatic grocery lists created from your meal plans
- Powerful recipe search and filtering tools
- A personal calendar and saved recipe space

### Your Gift Code

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Redeem your membership at:  
[nourishingmeals.com/user/redeem](https://nourishingmeals.com/user/redeem)