

I hope you don't mind me contacting you. I'm Theo Michaels; TV chef, author and founder of a company called FiveDinners.com – online meal planning service for families.

The reason for this email is I've started an initiative to help families struggling with the cost-of-living to eat better and take away the dreaded question of what to cook everynight.

A couple of years ago I launched a business called FiveDinners.com – an online meal planning service; we usually charge £49.99 per annum however, we are now giving it away for free – no catch, no restrictions, just free.

Every week we issue a new meal plan with a single shopping list, set to the number of people you are feeding so you know exactly what you need to buy for the week. All our recipes are easy to follow, with a nutritional breakdown and many with videos. Members can create their own meal plans with our recipes choosing from vegetarian, GF, kid friendly, quick and easy, airfryer, etc.

We have thousands of members and are currently working with the NHS and Police in communicating our service to their staff.

I'd be very grateful if you could communicate our service to your parents (and staff!) via an email/newsletter/ etc. There's no catch to this, we're just trying to help.

I have attached a couple of images that you can use and also noted below a brief introduction to our service (feel free to amend). If you have any questions or want to discuss further please don't hesitate to contact me.

Thank you in advance for your help and please don't hesitate to contact me should you have any questions!

CONTENT:

Limited time offer – get FREE lifetime membership to FiveDinners.com!

We know how hard times are at the moment so the folks at FiveDinners.com – online meal planning service - have decided to give away FREE lifetime memberships to try and help you save money on food shopping and reduce the mental load of deciding what to eat every night. There's no catch or restrictions, simply full access to our meal plans to make your dinnertimes a little easier and cheaper.

FiveDinners.com is an online meal planning service co-founded by author and TV chef Theo Michaels. To help with the cost of living crisis so many families and individuals are facing Theo has decided to offer their meal planning service for FREE (usually £49.99 per year); every week they publish a new meal plan with an automatically generated shopping list; set to your serving size so you know exactly what you need for the week ahead. It saves you time, money on food shopping and ultimately takes away the headache of deciding what to cook every night. You can even create and save your own meal plans choosing from hundreds of recipes.

Simply head to <https://FiveDinners.com> and click green Join button now.

END.

Best wishes,
Theo Michaels

FiveDinners.com