

# SEASON

---

*Empowering you  
to eat well, the way  
you choose.*

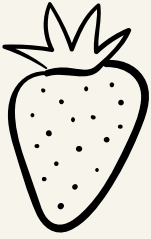


**Season is a free platform that matches your dietitian's recommendations with delicious meals that are tailored to fit your specific nutrition goals, preferences, and budget. All meal recommendations generate a shoppable grocery list of all the ingredients needed to easily prepare your recipes.**

Getting started with Season is easy peas-y! After your registered dietitian sends you an invitation, you'll receive a link to create an account. Once you set your preferences (for everything from foods to avoid to how much time you want to spend on meal prep) you'll start receiving recipes and can easily order groceries.

Visit [www.helloseason.com](http://www.helloseason.com) to learn more.

# How Season Works

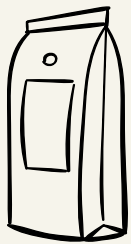
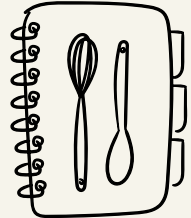


## Select your meal and ingredient preferences for your order.

Season can offer recommendations for breakfast, lunch, dinner, and snacks. There's no commitment to use Season and you can make adjustments each order.

## Season recommends meals for you.

All the meals that Season recommends are dietitian-approved and carefully curated by Season's culinary team. You can swap out any recipe you want to completely customize your menu.

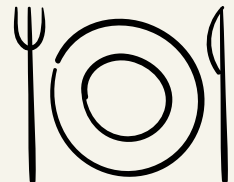


## Easily order groceries from your shoppable grocery list.

You confirm what ingredients you need and Season generates a shoppable grocery list. Season will automatically fill your online cart at the store of your choice so you can order groceries online for delivery or pickup, or print the list and head to the store.

## Bon appetit!

Prepare your meals from Season's easy-to-follow recipes and provide feedback. Season uses your feedback to continue to customize meals for you.



*Ready to get started? Ask your registered dietitian to set up your free account with Season.*

Season is with you every step of the way. Contact [support@helloseason.com](mailto:support@helloseason.com) with any questions.



Visit [www.helloseason.com](http://www.helloseason.com) to learn more.