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BUFFALO PLANT MEAL PREP SERVICE/PRESS RELEASE

BUFFALO PLANT MEAL SERVICE –VEGAN AND VEGETARIAN MEAL PREP COMPANY

It is a meal prep service that provides plant based ready to heat and eat meals to customers. We offer a variety of plant-based menu items to choose from. As well as the ability to customize your order to fit your dietary need.

BPMS has a bimonthly rotating menu of vegan and vegetarian, gluten free, keto, oil free meals, that are perfect for someone with dietary restrictions.

All meals are made from scratch, with high quality, organic, non gmo ingredients

BPMS started out when I was at the WNY Vegfest and one of the participants asked me to do meal prep, I started my meal prep business in 2017, and I have been offering vegan meal prep ever since.

We offer the customer six or twelve meals; we provide a menu of fifteen dishes to choose from. From there the customer tells me what their dislikes are. Example white rice, Brussel sprout or tofu. These items will not be added to the customer's order.

Our customer base is busy families, individuals who don't want to cook and active people. Sometimes a client will order for their elderly parents, or the services can be a gift to a friend.

Benefits of a plant-based meal service

No cross contamination of different foods. We only prepare vegan meals in the Commercial kitchen. NO ANIMAL PRODUCTS AT ALL. (BLOOD, SKIN, BONES)

Convenience –BPMS takes the stress out of planning and prepping meals. Just click on the meals, make the payment and they will be ready on your pickup date, or you can have them delivered, or you can use our delivery service.

COST our services can save you money by omitting and eliminating the need to eat out or buy food that's not good for you.

HEALTHY MEALS- Healthy balance meals that will help you stay on track

How to choose the right meal prep plan service for you.

If you are vegan vegetarian gluten free this is the right meal service for you. We offer a variety of menu options that fit your dietary needs

PRICE- compare the prices of different services, but we are the only vegan meal prep service in the area. Meals start at \$9 up to the \$14 per meal.

DELIVERY/PICK UP SERVICES- No delivery currently; pick up only. That service will be provided in the future.

BPMS- was created by a home vegan personal chef that prepared meals for her plant-based clients. We are focused on preparing healthy affordable meals for clients.

We are centered around the of using high quality and fresh to create single serving sized restaurant quality and priced

We use high quality organic non gmo vegan protein. We will make some of our own meats using vital wheat gluten flour and provide our customers with high quality organic fresh veggies.