



MESAMORENA NUTRITIOUS, DELICIOUS AND AFFORDABLE EVERY DAY

At Mesa Morena, we know that food is much more than filling a plate: it's energy, health, and a moment of sharing. That's why we created a project designed to solve daily eating problems in a practical, nutritious way with a homemade flavor, always at a fair price.

We want to be the answer for those who need a reliable and affordable solution amidst the fast-paced nature of life. With us, eating well isn't a luxury; it's an affordable everyday option.

WHAT YOU WILL FIND ON YOUR TABLE

- Complete meals: protein, vegetables, and balanced sides.
- Adaptable options for people with gluten sensitivity or allergies.
- Snacks and surprises to discover new flavors.
- Natural drink recipes to inspire your daily routine.

PLANS AND LOGISTICS

Weekly Plan – 6 meals

Q420

Deliveries on Mondays and Wednesdays.

- Monday: 3 meals and return of dishes from the previous week.
- Wednesday: 3 meals and return of used dishes.
- Deposit for dishes: Q200 (refundable at the end of the service).
- Shipping costs: vary by address, defined when completing the form.
- Delivery hours: 12:00 p.m. to 3:00 p.m., with a designated time based on the delivery person's route.
- Special schedules or destinations may require an additional charge.

Biweekly Plan – 12 meals with a 5% discount

Q756

Monthly Plan – 24 meals with a 10% discount

Q1512

HIRING AND FLEXIBILITY

- Service is contracted the week before to start the following week.
- Possibility of ordering a single dish on specific days.
- Delivery is still Monday and Wednesday in the range of 12–3 p.m.
- Menu may vary according to customer requirements and individual orders.

SUPPORTING NUTRITIONIST

For delicate diets related to serious health issues, we require the support of a nutritionist.

The client can:

- Share with us the instructions from your own nutritionist.
- Or request to work with the trusted nutritionist we provide as support.

**Your
energy
starts
here.**





Coming Soon!



DELIVERY TIMES

- Delivery hours: Monday and Wednesday, 12:00 to 3:00 p.m.
- Time allocation per route, possibility of special schedule with surcharge

LIMITED CAPACITY

- At Mesa Morena we believe in quality over quantity.
- We serve only 10 customers at a time to ensure freshness, personalized service, and consistency.
- We have a waiting list: if space is full, you can register and we will contact you as soon as a space becomes available or we expand our capacity.

HOW CAN YOU ACQUIRE YOUR PLAN?

You have 3 easy ways to contact us:

- Direct WhatsApp – Write to us and we'll be happy to answer your questions.
- [Online form](#)
- Official website – www.namulegt.com/menu

We recommend using the website and the form, as there you can leave all your information in an organized manner for faster service.

LAUNCH PRICES

- At Mesa Morena, we're building a community from the ground up. That's why the current prices are introductory:
- Discounts apply during the first two months of service.
- They are available only to the first 10 active customers.
- This way, you not only enjoy a nutritious and reliable service, but you're also part of the group that's bringing this project to life in its early stages.

TOWARDS AN INCREASINGLY CONSCIOUS TABLE

At Mesa Morena, we believe that good food starts with the simplest things: homemade flavor, fresh ingredients, and the care you would put into your own kitchen.

Every week we continue to expand our network of local and organic suppliers, with the vision that our menus will soon be 100% organic and free of hormones and antibiotics.

Our dream is to offer you, in addition to our current plans, a special version of Mesa Morena that represents the best of the best: a conscious table, made with only carefully selected ingredients, designed for those who seek not only to eat healthy, but to do so with the utmost purity and quality possible.

We invite you to follow our page and subscribe to our newsletter to be among the first to know when we launch this special plan. Because at Mesa Morena, the table that accompanies you, each dish is a step toward a healthier and more conscious future.