

## How It Works

5 freezer meals

prepped and delivered to your door

Lone Star Dinners is a meal prep company. We prepare, freeze, and deliver meals directly to your door each month.



At Lone Star Dinners we make mealtime effortless with our convenient freezer meal prep and delivery service. Each month our culinary team carefully selects, chops, seasons, and assembles five delicious, ready-to-cook meals using fresh, high-quality ingredients. These meals are then vacuum-sealed and flash-frozen to lock in flavor and nutrition. Once your order is complete, we deliver the meals straight to your door in insulated packaging to ensure they stay frozen until you're ready to cook. Just store them in your freezer, and when it's time to eat, simply thaw, cook, and enjoy a home-cooked dinner with zero prep and minimal cleanup.