

CAPABILITY STATEMENT

For Discharge Planners, Social Services, and Care Managers



Well Prepped Life is a private-pay personal chef service in Mountain View. Justine Sanidad cooks fresh meals from scratch each week in her own kitchen and delivers them across the Peninsula and South Bay, portioned, labeled, and ready to reheat. There is no rotating staff and no call center. The person your client talks to is the person who cooks the food.

At a glance

Service	Fresh, chef-cooked meal delivery for seniors and disabled adults
Provider	Justine Sanidad, founder and chef. ServSafe certified
Kitchen	Mountain View, CA. Cooked in small weekly batches, never frozen mass production
Delivery	Weekly, portioned and labeled, ready to reheat
Service area	Mountain View, Los Altos, Los Altos Hills, Palo Alto, Menlo Park, Sunnyvale, Cupertino, Santa Clara, San Jose, Redwood City, San Mateo, Burlingame, and surrounding Peninsula and South Bay cities
Dietary needs	Lower sodium, lower sugar, softer textures, gluten free, and cooking in line with a clinician-written plan
Price	\$180 per week for the preset menu. \$200 per week for a menu adjusted to the client's dietary needs. Groceries at cost
Terms	Week to week. No contract, no sign-up fee, no minimum term
Payers	Private pay only. We do not bill Medicare, Medi-Cal, or private insurance
Referral fees	None paid, none accepted, in either direction
Intake	Free 15 minute call. First delivery typically within 3 to 5 days of that call
Two-person homes	Two people in the same home with different needs can both be covered

Scope of practice

What we do

- Cook fresh meals from scratch each week, never frozen trays or meal kits
- Cook in line with a diet plan a clinician has already written
- Adjust for lower sodium, lower sugar, softer textures, and gluten free
- Shop for groceries, portion, label, and deliver to the home
- Work directly with the family or the caregiver managing the household

What we are not

- Not a clinical or medical nutrition service
- Justine is not a registered dietitian and does not write or interpret diet prescriptions
- We do not bill Medicare, Medi-Cal, or private insurance
- We do not provide personal care, nursing, or medication support
- We do not pay or accept referral fees

Food safety and handling

- ServSafe certified chef
- Cooked in small weekly batches, then chilled, portioned, and labeled
- Each container is labeled with the contents and the date it was cooked
- Delivered fresh, not frozen. Reheat instructions included with every delivery
- Menus are planned per client, so allergens and avoided foods are handled at the planning stage

After a hospital or rehab discharge

The first two weeks at home are when meals slip. Appetite is low, textures matter, and whoever is helping is already stretched. Justine plans that stretch deliberately: softer and simpler in week one, more variety and more protein in week two, adjusted as the client recovers.

If you are planning a discharge, call and we will tell you the same day whether we can cover the address and the start date.

How to refer

Give the family our phone number or our website. They book a free 15 minute call, or they simply call. There is no portal, no form for you to complete, and no release for you to chase.

- Share wellpreppedlife.com or (415) 971-3464 with the family
- They book a free 15 minute call, no obligation
- Justine plans the menu around the diet and delivers weekly

What arrives at the door



Real deliveries, photographed as they went out.

Have a client in mind?

Call (415) 971-3464 or email hello@wellpreppedlife.com. We answer the same day.

Well Prepped Life · 914 Rich Avenue, Mountain View, CA 94040 · wellpreppedlife.com/partners