



Delivery

How much is delivery? Delivery is only \$5 per delivery with a minimum of 5 meals.

When do you deliver? Usually before people leave the house, before 8am. Speak to OTB directly to confirm this and when is the best time for you.

Where do you deliver? Right now OTB deliver's to Land O Lakes, Wesley Chapel and Carrollwood area, OTB is working on securing delivery to Westchase as well, hopefully in the next few weeks.

Can I pick up my food and not have it delivered? Yes you can pick meals up at the Wesley Chapel location at 4839 Bruce B Downs Blvd, Wesley Chapel, FL 33544. Pick-up days at the Wesley Chapel location to avoid the \$5 delivery charge: Monday, Thursday, Friday after 10 AM

Food

Are these meals dairy free? Yes

Why did you do dairy free meals? Because some people don't digest dairy very well and some people it can slow down their weight loss. Samantha's goal is for you to have maximum success so there is no reason to use butter as the fat if you don't have to.

Since its dairy free, can I add butter to them if I don't have any issues with dairy? Yes, however the meals are already designed to have fat in them, you don't need to add any more fat to it.

Are these meals gluten free? Yes

What does free range chicken mean? It means it's the healthiest form of chicken, they are free range roaming around instead of locked up in cages. Free range is the most humane way to have chickens. Also it has no hormones or anti-biotics in the chicken, this is very important as well.

What does grass fed beef mean? It means it's the healthiest form of beef, they too are roaming around pastures instead of locked up in unhealthy environments. Most traditional beef is from what is called grain fed cows. Cows are not meant to eat grains and its not healthy for them, which means it's not healthy for us to eat that beef. Also when a cow is fed grains, it produces much more omega 6's which you don't want that, that causes more inflammation in our bodies. Also this grass fed beef has no hormones, this is very important as well.

What does wild caught fish mean? It means they are in the wild and that is where they are caught, they are not raised in a farm in unhealthy, cramped conditions. Wild caught fish is much healthier then farm raised fish.

Freezing Meals

Can I freeze the meals? Yes, if needed. Of course, eating food fresh is ideal but if you need to freeze the meals you can as well.

Meal Choices

What are the protein options? Free Range Chicken, Grass Fed Steak, Wild Caught Salmon or Cod

What are the side options? Roasted Vegetables Medley (based on availability) Mushrooms, Asparagus, Green Beans, Broccoli, Zucchini, Spinach or Kale Salad. Cheese or Avocado can also be added at no additional charge

Members

Do you have to be a member to order this food? Nope. Probably many who train with us, will continue a service like this even after they are no longer a member.

Minimum Order

What do you mean a minimum of 5 meals per order or delivery? Each time you place on order whether it's for delivery or pick up, it must be at least 5 meals.

Nutrition and Calorie Info

How many calories are in each meal, what is the nutrition info? We are gathering this information and will have exact info in the next few weeks and it will be posted on STF website:
www.SamanthaTaylorFitness.com/meals

If I don't know this information yet and I am tracking the food for results, how can I order this now? Because all of these meals have been approved and specifically chosen by Samantha Taylor so they will match the nutrition you need. Don't worry about it, know that its balanced to how Samantha advises you to eat.

Order Frequency

Can I place an order twice a week, to get one on Monday and one on Thursday? Yes, but you must place an order for 5 meals each time and each day of delivery is \$5. Some will order a few meals for their family as well, if they really like to have fresh meals coming every 4 days instead of once a week.

Pay

How do I pay? Payment is made by contacting OTB café and paying over the phone AFTER you have placed your order by the order form, OTB needs an order form to attach the payment to. Call (813) 813 906-2229

Place Order

How do I place an order? You fill out this form by clicking here, and you scan it or take a picture of it and email it to Dirson at (otbdelight@gmail.com) You cannot call to place the order, you must fill out this form so OTB café and keep track of your order.

Where is the order form?

[http://samanthataylorfitness.com/meals/pdf/Meal Prep Order Form Samantha Taylor.pdf](http://samanthataylorfitness.com/meals/pdf/Meal%20Prep%20Order%20Form%20Samantha%20Taylor.pdf)

Can I set up recurring weekly orders so I don't have to order them every week? Yes, once you place one order, you can easily re-order as a customer without having to provide payment information again and customers can also get set up on auto order, if you have a regular order you want weekly. If you choose this option, it will stay the same until you change it or tell OTB otherwise.

When do orders have to be placed by? Place your order by Saturday 12pm for the following week of delivery on Monday. If you want delivery on Thursday, you need to place your order by Tuesday noon.

Will you have a more convenient way to order without having to fill out the form, so I can do it right from my phone? Yes, we are working on this as well.

Prices

What is the price? Only \$10.00 a meal!

Referrals

Do you have any type of referral program where I can get something if I refer people to order these meals?

We are working on this, as of right now, nothing is set up because we need to be able to track it properly but we are working on it. We want to encourage you to inspire your friends to eat healthy and many people will see the convenient delicious meals you have and they will ask you questions about it.

Support

What if I have more questions that weren't answered here?

*If it's a question about the ordering process, meal choice combos, delivery, payments, etc. you would contact Dirson at otbdelight@gmail.com

*If it's a question about nutrition and how certain meals play a role in your results, you would contact Samantha Taylor Fitness: support@samanthataylorfitness.com

Trial

Can I try the food and delivery first? Sure, you can order 5 meals and have it delivered to try it out. Get a few different things to try them so you know which ones you like the most. Samantha usually gets 1 chicken, 1 salmon and 3 beef every week.