

# Our Story

Sometime in 1991, Ed Miller, a popular entertainer at the time, set up shop doing a weekly show at a Columbus NC restaurant. At the same time, Donnie Surface, about 16 at the time, was busting his tail working the kitchen at that very same establishment. Donnie became quite an entertaining addition to the show, regularly making his way out of the kitchen to sing along and participate in Ed's hijinx on stage. Both men being good natured, full of fun, and outgoing, it was inevitable that a friendship would develop that has seen the two friends travel all over North, South Carolina and Georgia, eating great food, making lots of people laugh, and participating in whatever adventure happens their way.

Y.U.M! Is the latest adventure, and the most satisfying.

Ed spent the winter months of 2017 in Washington State singing in a Christmas musical at a theatre outside of Seattle. Donnie Surface spent those same winter months in South Carolina, gaining weight, and frustrated that despite regular workouts, his weight continued to rise, and his health was declining as a result. Donnie knew something had to change - his diet. So a conversation between the two old friends took place. Now, Donnie knew that Ed was pretty impressive in the kitchen. Ed would whip up tasty food at a moment's notice for a few, or as many as 50 people. Over the years Donnie had probably eaten over a hundred of Ed's impromptu feasts. So it seemed reasonable that Ed could create a healthy menu in order to help Donnie lose weight, and improve his health.

Upon returning from Seattle in the second week of January 2018, Ed set to work developing the individual dishes and accompaniments that would assist Donnie in his weight loss quest. Donnie would eat using the diet regimen that starts with a quick protein shake in the morning, two small 200-300 calorie "lunch" meals at 11 and 2 o'clock, and then a 400-500 calorie "dinner" portion at around 6 o'clock. For the day, each day, Donnie's calorie intake would be less than 1500 calories. With a regular morning workout, weight loss would be assured.

The meal parameters were then established.

The goal over the course of a day would be to eat using the 20/40/40 guide. Only 20% calories from fat, 40% from carbs, and 40% from proteins. The meals must be prepared with very little oil or butter in order to meet parameter #1 Create a menu with enough choices that variety is assured. No need to eat the same meals every day as with some other typical meal prep plans. The food cannot taste like "diet" food. It must have rich robust flavor.

It started working! Donnie was losing weight. The variety and flavor of the dishes were coming together. So, in April it was decided to start making sample portions to distribute among the public to gauge response and gain critical advice regarding the fledgling Y.U.M! Menu.

In May, active sales and marketing began, and by June the Your Unique Mealplan business was fully operational, and operating out of a DHEC approved industrial kitchen located at 351 E Henry Street in Spartanburg.

At present, Donnie is down almost 50 pounds in 6 months.

The only thing he changed in his daily routine - starting the Your Unique Mealplan diet.

Y.U.M! is currently serving satisfied customers throughout the upstate and ready to help YOU meet your health goals with our convenient, healthy, ready to eat weekly meal plans.