

EAT FRESH MENU

EATING HEALTHY HAS NEVER TASTED SO GOOD

Beginner

\$70-\$85

5-7 MEALS PER WEEK

This plan focuses on getting you to start eating healthy. Most of our clients use these for lunch time meals, which is the easiest to forget.

OPTIONS:

Healthy Carb Load, Low Carb, Keto, Pescatarian Vegetarian, Vegan



Intermediate

\$135

10 MEALS PER WEEK

This plan helps you focus on your specific nutritional wants. Whether it's maintaining, losing or gaining or just bettering your overall health- this plan is designed just for you.

OPTIONS:

Healthy Carb Load, Low Carb, Keto, Pescatarian Vegetarian



Advanced

\$160-\$175

12-14 MEALS PER WEEK

This plan is just like intermediate, but a level up. It helps you focus more on the physical aspect of a healthy lifestyle, while the food is taken care of.

OPTIONS:

Healthy Carb Load, Low Carb, Keto, Pescatarian Vegetarian



DM for more information!