



M O N T H L Y



Meal Prep & delivery service

Introducing Our High-Protein Meal Prep Service!

Are you ready to transform your nutrition and fuel your success? Look no further! Our meal prep service is here to provide you with a hassle-free solution for your nutritional needs.

What We Offer:

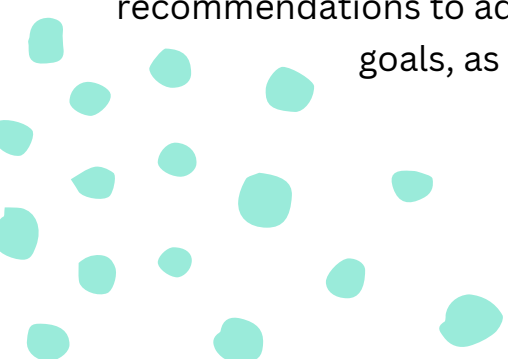
High Protein Nutrient-Dense Meals: Enjoy six days of delicious, nutritionally balanced meals designed to support your goals. Each meal is packed with the perfect blend of protein and nutritious wholefoods to keep you feeling satisfied and energised.

Tailored for Your Goals: Whether you're aiming for weight loss, maintenance, muscle gain, or enhanced performance, our meals can be customised to suit your individual needs.

Variety and Convenience: Say goodbye to food planning, shopping, cooking, and cleaning! Our 6-day meal plan features three diverse breakfasts, lunches, dinners, and snacks, carefully curated to keep your meals exciting and your body fuelled.

Expertly Designed: Crafted by a qualified nutritional therapist and sports nutritionist, our meals are meticulously prepared to meet specific macronutrient breakdowns, ensuring you get the most out of every bite.

Portion-Controlled and Balanced: Each day's meals provide a total of 1850-1950 calories, including bonus fruits. Need more? We've got you covered with optional recommendations to adjust calories and protein based on your unique needs and goals, as well as a calorie BOOSTER option available.





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How it's delivered:

Fresh Delivery or Pickup: Enjoy the convenience of fresh, wholesome food delivered or available for pickup every two days—Mondays, Wednesdays, and Fridays—ensuring your meals are at their peak freshness.

Sustainable Packaging: No flimsy single-use containers! Our service includes a high-quality cool bag with reusable ice packs and containers, reducing waste and environmental impact. (£20 deposit required.)

Pricing and Commitment:

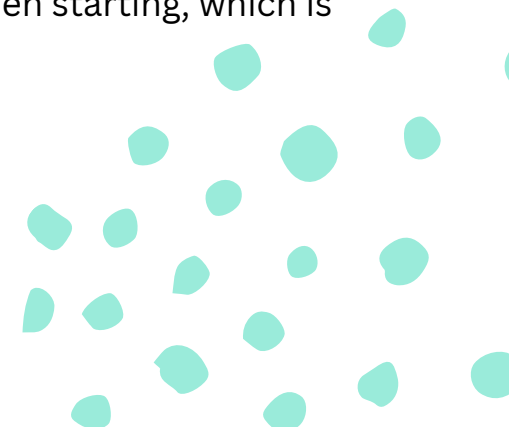
£130 per Week: Your investment is less £22 per day, covering three meals, one snack (homemade bar/muffin), and fruit.

Flexible Payment Options: Choose between weekly instalments or a monthly upfront payment, giving you the financial flexibility you need.

4 week Commitment: To fully experience the benefits of our meal plan, we ask for a commitment of one month (four weeks).

BOOSTER Option: Tailored for those with higher calorie needs, our BOOSTER option costs and additional £15

Kit Deposit: For every client we buy in 2 cool bag and tupperware kit worth over £90, therefore require a 1 off £20 deposit payment when starting, which is returned to you at the end.



EXAMPLE

Meal Plan



Day 1-2

B - Frittata with sweet potato, feta, and vegetables

L - Chicken cashew stir fry with basmati rice

D - Cod, baked wedges and peas with a herb and lemon yogurt sauce

S - High protein banana bread



BLUEBERRY
OVERNIGHT
OATS



SPICED
CHICKEN
FAJITA
BOWL

Day 3-4

B - Baked oats with seasonal fruit

L - Chicken fajita bowl with spiced peppers, onions, herby rice & choice of avocado or cheese topping.

D - Meatballs in tomato sauce

S - Protein PB and cashew butter cups



SALMON,
PASTA &
ROASTED
VEGETABLES

Day 5-6

B - Overnight oats with choice of strawberry, blueberry, or banana nut

L - Salmon & roasted vegetable pasta

D - Steak strips, pan fried pepper and broccoli with choice of rice or noodles

S - Protein bar with chocolate coating



FETA,
TOMATO &
SPINACH
FRITATTA

EXAMPLE



Nutritional information

Day 1 & 2

B - Frittata with sweet potato, feta, and vegetables

498 cal, 29g protein, 31g Carbs, 27g fat



L - Chicken cashew stir fry with basmati rice

664 cal, 48g protein, 61g carbs, 21g fat



D - Cod, baked wedges and peas with a herb and lemon yogurt sauce

479 cal, 42g protein, 36g carbs, 24g fats



S - High protein banana bread

347 cal, 17g protein, 41g carbs, 15g fats

Nutritional Information for daily total;

Kcal: 1988, Protein: 136g, Carbs: 169g, Fats: 87g

With additional protein shake plus piece of fruit;

Kcal: 2182, Protein: 160g, Carbs: 193g, Fats: 87g



EXAMPLE



Nutritional information

Day 3 & 4

B - Baked oats with seasonal fruit and sweet cream cheese style topping

585 cal, 25g protein, 78g carbs, 27g fats



L - Chicken fajita bowl with spiced peppers, onions, herby rice & choice of avocado or cheese topping.

439 cal, 35g protein, 46g carbs, 19g fats



D - Meatballs in a tomato sauce

588 cal, 34g protein, 46g carbs, 26g fats



S - Protein chocolate PB and cashew butter cups

279 cal, 14g protein, 14g carbs, 18g fats

Nutritional Information for daily total;

Kcal: 1891, Protein: 120g, Carbs: 184g, Fats: 90g

With additional protein shake plus piece of fruit;

Kcal: 2085, Protein: 144g, Carbs: 208g, Fats: 90g



EXAMPLE



Nutritional information

Day 5 & 6

B - Overnight oats with choice of strawberry, blueberry, or banana nut topping

493 cal, 32g protein, 55g carbs, 17g fats



L - Salmon & roasted vegetable pasta

589 cal, 32g protein, 57g carb, 27g fat

D - Steak strips, pan fried pepper and broccoli with choice of rice or noodles

552 cal, 39g protein, 52g carbs, 18g fats



S - Protein bar with chocolate coating

332 cal, 16g protein, 30g carbs, 16g fats



Nutritional Information for daily total;

Kcal: 1966, Protein: 119g, Carbs: 194g, Fats: 78g

With additional protein shake plus piece of fruit;

Kcal: 2160, Protein: 143g, Carbs: 218g, Fats: 78g

