



## EAT FIT FOOD DELIVERS FRESH, PREMIUM MEALS TO YOUR DOOR

Prepared by chefs, our meals contain the finest quality ingredients & produce, including locally farmed, ethically sourced meat and fish. Including a portion of produce grown at our very own Eat Fit Farm. All meals are portion and calorie controlled with zero additives, no refined sugar and plenty of healthy fats and superfoods. Our programs are nutritionally balanced and approved by dietitians to promote optimal health.

### HEALTHY EATING MEALS

**STARTING FROM \$120.00 PER WEEK**

For the time-poor, health conscious individual. This menu gives you the flexibility to order any combination of meals on the days you choose. Select from a wide variety of breakfasts, lunches, dinners, snacks, juices and desserts.

### 3 DAY VEGAN RESET

**\$150.00 INCLUDING DELIVERY**

Experience what it's really like to eat the rainbow on our 3 Day Vegan Reset. Your program will be delivered fresh on your chosen day (Mon or Fri) and will include breakfast, lunch, dinner and 1 snack, daily.

### CLEANSE 5,10,20 DAY

**\$375.00 PER WEEK INCLUDING DELIVERY**

Reset eating habits and kick-start your system with an all-inclusive program, free of wheat, gluten, dairy and red meat. This plan includes a cleansing juice, breakfast, lunch, dinner and 2 snacks daily. Approx 1400 calories per day.

### CLEAN+LEAN 5,10,20 DAY

**\$375.00 PER WEEK INCLUDING DELIVERY**

Ease yourself into an all-inclusive, high protein plan which has been designed to support optimal health. This program consists of breakfast, lunch, dinner and 2 snacks. Approx 1400 calories per day.

### CATERING

**STARTING FROM \$13.00 EACH**

Let us cater for your next meeting or event. We understand health and well-being can sometimes take a back-seat in the workplace, so we have designed a range of healthy, fresh and nutritious meals delivered direct to your office.

**Breakfast boxes:** \$13 each | **Lunch boxes:** \$15 each.

All meals and programs are delivered on **Monday, Wednesday and Friday**

Deliveries to postcodes **2000** only and **3000** only happen between **8.00am and 10.30am**

Deliveries to postcodes outside **2000** and **3000** happen between **midnight and 7.00am**

Place your order online at [www.eatfitfood.com.au](http://www.eatfitfood.com.au)

Alternatively call **1300 30 29 30** or email [info@eatfitfood.com.au](mailto:info@eatfitfood.com.au)



Follow the Eat Fit Farm journey as we build organically processed fruit and vegetables from scratch

[www.eatfitfood.com.au/eatfitfarm](http://www.eatfitfood.com.au/eatfitfarm)