



## EAT FIT FOOD PROGRAMS

Eat Fit Food delivers fresh meals to your door. Prepared by professional chefs, our meals consist of the finest quality produce including locally farmed, ethically sourced meat and fish. 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 experienced dietitians to promote optimal health.

### HEALTHY EATING

*Starting from \$120.00 per week*

For the time-poor, health conscious individual. This program provides you with the flexibility to order any combination of meals on the days you choose, delivered Monday, Wednesday and Friday. Select from a wide variety of breakfasts, lunches, dinners, snacks, juices and desserts.

### 5 AND 10 MEAL PACKS

*Starting from \$125.00 per week*

**5 Meal Pack:** Come home to a tasty, delicious and nutritionally balanced meal after a busy day. Let us take care of your dinners on any five chosen days throughout the week (delivered M, W, F). Use code 5MP16 at the checkout.

**10 Meal Pack:** Prepare your own breakfasts and let us take care of the rest of your daily nutritional requirements. Select two main meals (lunch and dinner) five days a week (delivered M, W, F). Use code 10MP16 at the checkout.

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

*Starting from \$375.00 per week*

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 (delivered M, W, F). Approx 1400 calories per day.

### CLEANSE 5, 10, 20 DAY

*Starting from \$375.00 per week*

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 (delivered M, W, F). Approx 1400 calories per day.

### CATERING

*Starting from \$130.00 per week*

Let us cater for your next meeting or event. We understand health and wellbeing 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.

To place your order, please log-on to:  
[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)

*Snap it. Tag it. Share it. #EFFoodies*

