



bianca MONLEY

Bianca Monley owner of EATFITFOOD arrived in Australia in 2002 and immediately started working within the health & fitness industry. While working for various gyms, Bianca learnt a lot about healthy living, in particular food and began to notice how many people were following incredibly restricted diets, consisting of nothing but rice & tuna to stay in shape.

"Coming from a food background and being brought up in a family restaurant, I became frustrated why these people were eating such boring food when it could be so interesting. Healthy food can also taste great!" Bianca said.

Bianca started EATFITFOOD in 2002; she was only 22 at the time. The foundations of her business were grounded in her strong belief of the benefits of eating well – even for people with a busy work and social life. Initially Bianca started cooking from home for a few of her friends from the gym and from there things grew rapidly. It wasn't long before she had to get a commercial kitchen, a van and more staff to help her supply the demand.

Bianca now works with a team of highly trained nutritionists and fitness consultants, which allows EATFITFOOD to create a wide variety of healthy, nutritionally balanced meals that cater to the individual.

Since its conception EATFITFOOD has created specialized healthy eating plans for a variety of Hollywood stars to help them get into shape for their leading roles, including; Brandon Routh of Superman fame and Hugh Jackman for The Boy from Oz.

Jump to today and Bianca has various projects in the pipeline for EATFITFOOD including: expanding EATFITFOOD throughout Australia, creating an EATFITFOOD product range, and working with charity organisations for the homeless. Bianca Monley is definitely a woman to watch.

feel fabulous

Get into shape this summer with eatfitfood.com.au
delectable range of gourmet home delivered

Want to shed those extra winter kilos before summer starts... dreading the thought of trying on your bikini... or maybe you've indulged a little too much this winter and desperately need to detox? Well, achieve all your goals for summer and start the new season in great shape with Australia's premier healthy meal delivery company EAT FIT FOOD.

EAT FIT FOOD, the fabulous gourmet home delivered meal service favored by the stars (including Hugh Jackman, Deborah Lee Furness and Superman, Brandon Routh) will help you whip yourself back into shape this Summer with one of their specially devised Weight Loss or Detox Programs. EAT FIT FOOD makes it easy for you to achieve your goals with a variety of fresh, nutritionally balanced, low calorie meals devised by their in house nutritionist Zoe Bingley-Pullen and Dietitian Megan Gayford. EAT FIT FOOD provides meals that are delivered fresh to your door every day.... Being good to yourself has never been made this easy!

EAT FIT FOOD was driven by Bianca's passionate belief that being busy doesn't mean you can't eat well too! When people are time poor, often the first thing they let go of is the way they eat. Bianca's creation of EAT FIT FOOD endeavors to counteract this trend by making healthy eating easy and accessible to everyone!

"The biggest mistake people make when it comes to losing weight is not eating enough. People also fail to eat regularly,



Macadamia & Lemon Crusted Barramundi



Muesli



Satay Tofu Skewers

skip meals, binge at night and don't drink enough water. These days they also work such long hours they don't have time to think about preparing & cooking healthy & well-balanced meals. I like to know I make a difference to people's lives by making it easier for them to eat properly and reap the benefits from a nutritionally-balanced diet," Bianca says.

To kick off your Summer health regime EAT FIT FOOD suggests trying one of these great programs:

Detox Plan: The Eat Fit Food Detox is a program designed to energise, cleanse and motivate. It invigorates the body rids the system of toxins and helps to kick start a healthy eating lifestyle.

Weight Loss Plan: Eat Fit Food has made it easy to lose weight this Summer by designing its own 6 week weight loss/ healthy eating program, which offers you healthy meals that are nutritionally rich, calorie controlled gourmet meals that have been specifically devised by Eat Fit Foods in-house dietitian and nutritionist to actively aid weight loss.

EAT FIT FOOD also offers a variety of other Programs including: Healthy Eating Plan, New Mums, Brides & Grooms Weight Loss Program, Corporate Packages and Catering.

For further information and pricing go to: www.eatfitfood.com.au or call (02) 9387 7771