



eatfitfood.com.au

Convenience ... 'EAT' ... Health ...
'FIT' ...FAIR, fresh & flavoursome... 'FOOD'
... *delivered to your door*

ABOUT EATFITFOOD (est. 2002).

'EAT' FRESH, healthy & delicious WHOLE FOOD meals & snacks **CONVENIENTLY** delivered to your door. Designed & prepared by our talented EFF chefs & in consultation with our dietitians, EFF meals make eating **HEALTHY**, effortless & enticing.

'FIT' EatFitFood meals are developed to inspire **HEALTH** & wellness through calorie-consciousness & healthy WHOLE FOODS. Sustainable WHOLE FOODS contain quality nutrition: premium protein, lower GI carbohydrate, fibre, vitamins, minerals & healthy fats.

'FOOD' EatFitFood source **FAIR** (sustainably & humanely produced & farmed) **FRESH & FLAVOURSOME** WHOLE FOODS. Foods, which are naturally **FREE** of, OR low in preservatives, artificially sweeteners, additives & chemicals. EatFitFood are committed to reducing our **CARBON** 'FOOD' & footprint & seek to **GREEN-UP** every EFF process, product & service.

EATFITFOOD saves time + energy + money

- ⊗ meal planning
- ⊗ pantry or fridge stocktakes
- ⊗ grocery-related car OR train OR bus transportation needs
 - ⊗ negotiating grocery store parking
 - ⊗ grocery shopping or cues
 - ⊗ no excess ingredient/ food waste
 - ⊗ carrying & unpacking groceries
- ⊗ ingredient measuring & meal preparation
 - ⊗ cooking meals
- ⊗ excessive washing up or dishwasher packing
- ⊗ excessive water, electricity &/or gas usage