



THE EATFITFOOD programs

..... select the right plan for you

All EATFITFOOD meals are

- ✓ **WHOLE FOOD** rich **WHOLE FOODS** are inherently nutrient dense, fibre rich & low in salt
- ✓ **HEART** healthy EatFitFood meals are naturally low in saturated & trans fats
- ✓ **Energy level** friendly Lower GI carbohydrates, iron rich foods & a regular dietary intake help to keep 'blood sugars' consistent & maintain energy levels
- ✓ **PLANET** friendly EatFitFood seek & source ethically & sustainably produced & farmed produce

PLAN

DESIGNED FOR

BENEFITS

EFFHEALTHY EATING

- ◆ Effortless & healthy body weight maintenance
- ◆ Optimising nutritional health

- ✓ Calorie conscious meals
- ✓ Plenty of variety
- (*LG = Larger portion size meals are available for people with HIGHER calorie needs e.g. athletes)

EFFWEIGHT LOSS

- ◆ Healthy & sustainable WEIGHT LOSS through lower calorie (LC) meal choices
- ◆ Boosting nutrition & health

- ✓ Calorie controlled meals (≤450Cals/ serve) = LC
- ✓ Great tasting & satiating nutrition

EFFWEIGHT LOSS OPTIMUM

- ◆ Resetting eating behaviours, digestive function & nutrient absorption through an initial 10DAYEFFDETOX
- ◆ Sustainable body & mind WEIGHT LOSS through lower calorie (LC) meal choices
- ◆ Improving vitality, health & nutrition

- ✓ Supports digestive health; cleansing & waste elimination
- ✓ An all-inclusive initial 10DAY EFFDETOX package which is FREE of dairy, wheat, gluten, red meat, unhealthy fats & refined sugars & LOW-ZERO food chemical & preservative content.
- ✓ Calorie controlled meals (≤450Cals/ serve) = LC

10DAY EFF DETOX

- ◆ Optimising digestive health by supporting the body to cleanse, eliminate & restore
- ◆ Healthy WEIGHT LOSS
- ◆ Minimising dietary & digestive sensitivities
- ◆ Resetting eating patterns & behaviours

- ✓ An all-inclusive package which provides all meals, snacks & fluids
- ✓ Meals are FREE of dairy, wheat, gluten, red meat, unhealthy fats & refined sugars & LOW-ZERO food chemical & preservative content
- ✓ Calorie conscious meals

5DAY EFF CLEANSE

- ◆ A more flexible & subtle DETOX that supports the body to cleanse, rejuvenate & enable weight loss
- ◆ Improving digestive health
- ◆ Ease & flexibility = a 5 days ON & 2 days OFF plan

- ✓ An all-inclusive 5DAYS-ON package which provides all meals, snacks & fluids
- ✓ Meals are FREE of dairy, wheat, gluten, red meat, unhealthy fats & refined sugars & LOW to NO food chemical & preservative content
- ✓ Calorie controlled meals
- ✓ Allows flexibility i.e. weekends OFF