

FIT + FUELED

by Gabby



High
Protein

MEAL PREPARATION SERVICE

Whole natural foods prepared healthily & with macronutrients in mind.

Ideal for fitness-focused individuals looking for easy meals to help them reach their daily protein goals.



Transparent Pricing

Individualized meals starting at \$15/meal plus the cost of food. No weekly commitment.



Foods you Actually Like

I take the time to talk through your flavor preferences and any dietary restrictions. We craft your high-protein menu together!



Meals within your Budget

Following a high-protein meal plan doesn't have to be expensive. I customize your meals to stay within your budget.

WEEKLY PACKAGE INCLUDES

- ✓ Your specified number of meals
- ✓ Ingredient information & re-heating instructions
- ✓ Daily macronutrient intake guidance (no additional cost!)
- ✓ Optional protein snack or dessert add-ons



PLACE YOUR ORDER!



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