

**BUILD**  
**WITH Muscle**  
**Food**

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**HELPING TURN DREAMS INTO REALITY**

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# FOREWORD

Here at Musclefood, we have always been passionate about supporting individuals and communities in their pursuit of athletic excellence and healthy living. Today, I am delighted to introduce our groundbreaking initiative, "**Build with Musclefood.**"

I firmly believe that sports has the power to transform lives. Whether it's through fostering a sense of camaraderie, nurturing a competitive spirit, or instilling values of perseverance and dedication, sports play an instrumental role in shaping one's character. It's disheartening to witness underfunded sports clubs, women's sports, youth sports, and adaptive sports face financial constraints, hindering their potential to make a lasting impact.

**Our mission is clear** – to ensure that lack of funds never stands in the way of your club's progress. Through Build with Musclefood, we aim to enable sports clubs like yours to reach your fundraising goals simply, smoothly, and effectively. We understand the challenges you face, and our goal is to provide you with the means to transform your future as well as spark enthusiasm, drive, and aspiration within your club, invigorating every member to push boundaries and embrace new heights of achievement.

Personally, I believe Build with Musclefood is more than just financial assistance – it represents Musclefood's unwavering commitment to making a long-lasting difference. We value the impact sports have on individuals and communities, and firmly believe that investing in your club is an investment in the future of sports itself.

I want to express my gratitude to all the sports organisations and individuals who have put their trust in Musclefood. Together, we can break down the barriers imposed by financial constraints and create opportunities for athletes and clubs to thrive.

Thank you for embarking on this journey with us. Together, let's forge a path of success, resilience, and boundless possibilities.

**Nick Preston**  
CEO, Musclefood



A young boy in a green shirt is balancing a coconut on a wooden board on his hand. The background is blurred, showing other people and a green field. A white circular graphic is overlaid on the image, containing the text 'BUILD WITH Muscle Food'.

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**BUILD YOUR FUTURE WITH**

# Muscle Food

## Welcome to Build with Musclefood,

where we enable sports clubs to reach their fundraising goals simply, smoothly, and effectively.



**OUR MISSION IS CLEAR...**

**TO SUPPORT UNDERFUNDED SPORTS CLUBS. ESPECIALLY WOMEN'S SPORTS, YOUTH SPORTS, ADAPTIVE SPORTS AND MORE SO THEY CAN FUND THEIR FUTURE.**



At Musclefood, we understand the power of sports and the impact they have on individuals and communities.

We want to ensure that financial constraints never hinder the pursuit of athletic excellence or healthy living. By joining our programme, you'll become part of a supportive partnership that gives you the means to **invest in your tomorrow.**

**“ TOGETHER, LET'S INSPIRE, EMPOWER, AND MAKE A LONG-LASTING DIFFERENCE TO YOUR CLUB.**



A close-up photograph of a person's lower legs and feet on a green grass field. The person is wearing bright green socks and black soccer cleats with orange accents. Two soccer balls are on the grass: one with green, white, and blue stripes is on the left, and another with white and dark blue stripes is on the right. A white circular graphic is overlaid in the center, containing the text 'BUILD WITH Muscle Food'.

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# THE PROCESS

## RECEIVE A CODE

Once signed up, your club will receive a **unique promotional code** that can be used on two separate sites, Musclefood and Prepped Pots. This code has **unlimited usage** and will be used to track transactions and ensure you receive your rightful earnings.



## 10% CASHBACK

Whenever someone makes a purchase using your unique code, **your club will receive 10% of the order value**. You'll be able to see how much you've earned through your account and will receive an **automatic commission** into your bank account twice a month.



Build with Musclefood operates through a simple 5-step process:

1

## REGISTER YOUR INTEREST

To get started, visit [buildwithmf.com](http://buildwithmf.com) and click "How to Join." Fill in your details on the form and submit. A member of our dedicated Build with Musclefood team will then contact you to go through the next steps.

2



3

## SPREAD THE WORD

**Maximise your potential earnings** by sharing your unique code among athletes, members, supporters, and the wider community. For each transaction on any of the three sites using your code, your club will earn...

4



5

## INVEST IN YOUR TOMORROW

The earnings generated through Build with Musclefood can be used by your club any way you see fit. Whether it's investing in equipment, facility upgrades, coaching resources, or team development, **the funds are there to support your club's aspirations and fuel your future success.**





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# WHO IS ELIGIBLE?

## NO CLUB TOO BIG OR TOO SMALL

Build with Musclefood is open to a diverse range of sports clubs, leaving no organisation too big or too small to join.

Whether you're a prominent sports club with a substantial following or a **community-based grassroots club**, we welcome you to become a part of our programme.

“ **IT IS FANTASTIC TO BE ON THIS JOURNEY WITH A BRAND THAT GENUINELY SHARES OUR VISION**

**BEN POWIS**



In line with our commitment to inclusivity, we actively encourage adaptive clubs, women's teams, and underfunded communities to sign up. After all, we believe that every sports club, regardless of size or budget, deserves the opportunity to access and enjoy the benefit of **limitless fundraising potential**.

By partnering with us, you'll gain access to **top-quality nutrition** at affordable prices and join a supportive community dedicated to helping your club reach its fullest potential and contribute to the development of sporting communities.







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# WHY CHOOSE THE PROGRAMME?

## LEVEL UP YOUR FUTURE, TODAY!

Build with Musclefood presents an **exceptional opportunity** for your club to not only raise funds on your terms, but also promote healthy eating habits and improve overall well-being among your members, supporters, and the wider community.

### BY JOINING US, YOU WILL:

- ✓ Have **limitless fundraising potential.**
- ✓ Support club activities and initiatives with additional revenue streams.
- ✓ Access top-quality nutrition to support athletic performance.
- ✓ Become **champions of healthy eating** within your community.
- ✓ Enhance club reputation with partnership alongside a reputable brand.

And the benefits do not end there. Rather, the support from Build with Musclefood will go beyond affiliation with the potential of future personalised engagements and collaborations.

This programme is an excellent choice for sports clubs looking to **expand fundraising efforts, promote healthy eating habits, and improve the overall well-being of members.** The limitless fundraising potential, coupled with the access to quality nutrition products, make this programme a win-win situation for clubs and members alike.

“ **A WINNING COMBINATION OF FUNDRAISING,  
HEALTHY EATING, AND OVERALL WELL-BEING** ”





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# PROGRAMME PERKS AND ADVANTAGES

ONE CODE.  
TWO SHOPS.  
UNLIMITED PROSPECTS.



By joining Build with Musclefood, your club will gain exclusive access to a unique code that can be used on **Musclefood** and **Prepped Pots**, paving the way for endless fundraising possibilities, and affordable top-quality nutrition.

## Muscle Food

With Musclefood.com, your members, supporters, and more, will find everything they need fuel their bodies with quality high protein meats, meals and snacks, all at pocket-friendly prices.

[ie.musclefood.com](https://ie.musclefood.com)  
[ni.musclefood.com](https://ni.musclefood.com)

## Prepped Pots

powered by musclefood

Life's busy. You've better things to do than meal prep. We get it! Enjoy tasty, nutritious, chef-created healthy ready meals delivered to your door.

[ni.preppedpots.com](https://ni.preppedpots.com)  
[ie.preppedpots.com](https://ie.preppedpots.com)

