



Hi FMK and Smart Body Fitness Friends!

Want to save time AND money?  
Want to add eating right and saving time to your goals for this year? We've got you covered, and You're already smart AF because you're HERE!

We're offering weekly meal prep...healthy, balanced meal and snack options that are low carb, clean food, nutritionally balanced AND delicious.

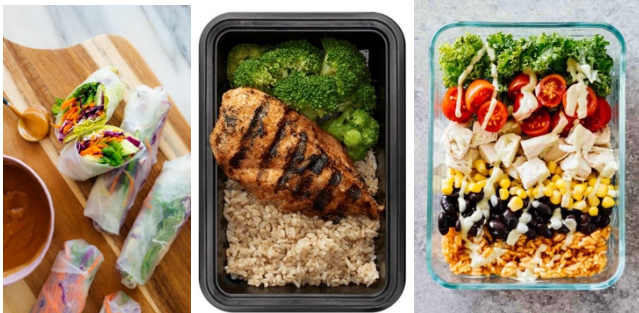
Here's how it works: You make a super smart decision by calling us to sign up!  
516 554 3221 – we can't wait to start cooking for you.

We text or email the set menu to you on Sundays...you reply and let us know on Sunday if you're ordering and whether you want delivery or handoff to you at the gym, SBF on Monday or Tuesday, or free delivery in Nassau County – all items will be freshly cooked/prepared, never frozen.

The weekly menu will feature 6, 8, 10 or 12 meals per week for one person plus 2 free snacks.  
Price: \$20 per meal for 6-10 meals weekly with two snacks  
\$225 for 12 meals weekly with two snacks  
including free delivery in Nassau County.

Payment via Venmo or Cash only we're not cool with crazy PayPal and credit card fees!

Menus will be set for each week and we'll do our best to accommodate special requests (like you will not eat Broccoli, lol, or you don't like tomatoes, for example) That said, these meals are designed to be nutritionally complete, so try to adhere to the recommended menus presented.



Sample Menu ideas:  
Greek Chicken Pita Bowl  
Italian Stuffed Peppers  
Chicken Brown Rice & Fresh Veggies  
Southwest Burger Bowl  
Veggie Rolls and Dip Snack  
Grown up Lunchable Snack

Want to know more about us? Visit [www.frommaryskitchen.com](http://www.frommaryskitchen.com) or call Lisa 516 554 3221  
Custom meal prep for all diet plans, including Gluten Free and private chef services available



*Let's talk about Nutrition...*

Most Adults should follow about a 2,000 calorie per day guideline, which is considered standard. Depending on activity level, it's estimated that adult women require 1,600–2,400 calories per day, compared with 2,000–3,000 calories for adult men.

The 2,000 calorie diet is the reference used on most food labels when measuring daily value and nutritional content.

What does that mean in REAL FOOD terms!?

Approximately

- 2.5 cups Vegetables per day (all veggies, peas & beans)
- 2 cups of fruit per day (all fruits)
- 6 oz. of grains per day (whole and refined)
- 3 cups of dairy per day (all dairy)
- 5.5 oz. of protein per day (seafood, meat, poultry, nuts, seeds & soy products)
- 27 grams (1.75 Tablespoons) oils
- .... which leaves about 270 calories for other foods, alcohol, and sugars daily.
- Sodium should be consumed at 2300 mg or less per day.

### HEALTHY EATING PLATE

**HEALTHY OILS**

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

**WATER**

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**  
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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

Good grief who has time to figure all this out? WE DO.... FOR YOU!

Healthy Meal Prep by FMK will provide nutritionally balanced meals AND the information to help you achieve better balance of eating throughout your day.

Call Lisa (516) 554-3221 or visit [www.frommaryskitchen.com](http://www.frommaryskitchen.com) for more info!