

A Perfect Meal Plan As Unique As You



You are unique, and so are our meal plans.

Unlike other services, your plan is as one-of-a-kind as you are.

So to reach your goals, you always get precisely what you need -
not what someone else does.





Specific

We start by getting to know you.

After signing up, we learn about your goals, metrics and food preferences. Then we calculate the perfect plan just for you.

Mediterranean, Low Carb, Vegan, Vegetarian, Pescatarian, Lactose Intolerant - we've got you covered.

What's more, each plan is guaranteed to hit your unique daily calorie target with an accuracy of 99.7%.





Delicious

Each week you'll receive a brand new plan, direct to your device.

All meals match your food preferences, and you can even swap a meal if you'd like to try something else.

Plus, If you're cooking for a family, you can scale up dinners so everyone can enjoy them.

- Breakfast**: Low-Carb Strawberry & Ricotta Smoothie (263 Cal, 5 Min)
- Morning Snack**: Edamame (183 Cal, 3 Min)
- Leftover Lunch**: Taco Seasoned Turkey Patties & Salad (376 Cal, 30 Min)
- Afternoon Snack**: Hummus with Rice Cake (183 Cal, 2 Min)
- Dinner**: White Fish with Orange & Fennel (305 Cal, 20 Min)

Breakfast

349 Cal 5 Min 1 Servings

Nutrition

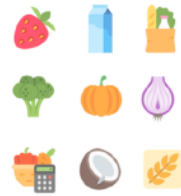
13.2g	42.2g	30.5g	8.6g	15.0g
Fats	Carbs	Sugar	Protein	Fibre

Ingredients

- Unsweetened Almond Milk 1.0 cup [250.0 ml]
- Raspberries 1.0 cup [100.0 g]
- Fresh Banana 1.0 medium [170.0 g]
- Raw Oats 1.0 tbsp [10.0 g]
- LSA Mix 1.0 tsp [5.0 g]
- Chia Seeds 2.0 tsp [10.0 g]

Directions

Pour chilled almond milk into blender.



Organised

Everything is organised in your weekly shopping list.

So even if you swap meals, or are cooking dinner for more than one person, you can rely on your shopping list to keep you on track.

Plus, you only buy what you use - so you save money and waste less food.

Monday, Jun 20 to Sunday, Jun 26

Deli
0 / 2 Checked

Fridge
7 / 8 Checked

Frozen
1 / 2 Checked

Fruit
0 / 5 Checked

Grains
0 / 2 Checked

Oats Raw	30 g	<input type="checkbox"/>
Rice cake Thin/Plain	6 medium [36 g]	<input type="checkbox"/>

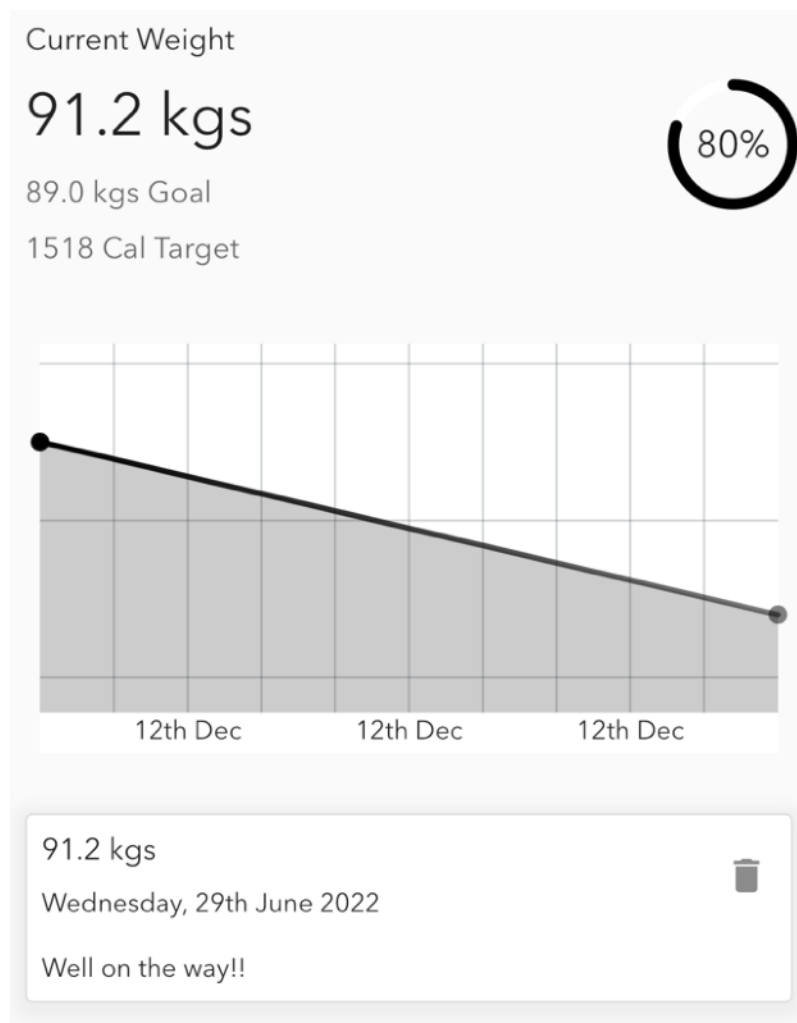


Motivated

Stay motivated and on track with your personal log.

Adding diary entries, weight records or even photos is easy and fun.

Everything you add makes it easy to track your progress and bring you closer to your goals.



Let's Get Started!



You're only a click away from the new you.

Contact us today and we will get you setup with your plan in moments.