

MEAL PLANS

LOCATIONS

SUPERFIT FOODS

YOUR MEAL PREP COMPANY

WE ARE ON A MISSION TO EMPOWER OTHERS TO LIVE **HAPPIER, HEALTHIER LIVES.**



EVERYONE HAS DIFFERENT FITNESS GOALS. WHETHER YOU'RE TRYING TO LEAN DOWN OR PUT ON A FEW HEALTHY POUNDS, OUR MEAL PLANS HELP YOU CUSTOMIZE WHAT A HEALTHY DIET LOOKS LIKE FOR YOU.

LEAN DOWN | 250-350 CALORIES

SUSTAIN | 350-450 CALORIES

BUILD UP | 500-600 CALORIES



P: 904.525.9451
E: team@superfitfoods.co
www.superfitfoods.co
@SUPERFIT_FOODS



SPECIALTY PLANS

WE UNDERSTAND THAT NOT EVERYONE WANTS TO FOLLOW THE SAME DIET! OUR FULLY CUSTOMIZABLE WEEK-TO-WEEK MODEL HELPS OUR CLIENTS GET **EXACTLY** WHAT THEY WANT WITH THE FREEDOM TO MAKE CHANGES!

WE CATER TO :

- STANDARD
- VEGAN
- VEGETARIAN
- PESCATARIAN
- PALEO
- KETOGENIC
- GLUTEN FREE
- DAIRY FREE



CHOOSE YOUR INGREDIENTS

PROTEINS

- Chicken
- Pulled Pork
- Lean Ground Turkey
- Lean Ground Beef
- Pork Sausage
- Turkey Bacon
- Salmon
- Tilapia
- Steak
- Beef Brisket
- Pork Loin
- Meatless Proteins

CARBS

- Brown Rice
- White Rice
- Yellow Rice
- Pasta
- Quinoa
- Hummus
- Red Potato Home Fries
- Garlic Mashed Potato
- Sweet Potato Fries
- Sweet Potato Mash
- Purple Potato Fries
- Purple Potato Mash
- Sweet Potato Noodles
- Gluten Free Rice Noodles
- Black Beans
- Kidney Beans
- Pinto Beans
- Baked Beans

VEGGIES

- Broccoli
- Green Beans
- Asparagus
- Corn
- Squash
- Zucchini
- Carrots
- Peppers
- Spinach
- Tomatoes
- Onions
- Mixed Veggies

MAIN MEALS

1 PROTEIN
1 CARB
1/2 CUP VEGGIES



SUPERFIT FOODS

3 MEAL TYPES

BREAKFAST
MAIN MEALS
BOOST MEALS

SNACKS

1. PROTEIN DOUGHNUTS
2. PEANUT BUTTER NO BAKE BAR
3. CRUNCHY GRANOLA BAR
4. PEANUT BUTTER PROTEIN COOKIES
5. CHOCOLATE PEANUT BUTTER CRUNCH BAR
6. SWEET POTATO PROTEIN BAR WITH CHOCOLATE DRIZZLE



AT SUPERFIT FOODS, OUR PROMISE IS TO POSITIVELY CHANGE LIVES BY PROVIDING QUALITY FOOD WITH EXEMPLARY CUSTOMER SERVICE. IF THERE IS ANYTHING WE CAN DO FOR YOU, PLEASE LET US KNOW!

MUCH LOVE,
YOUR MEAL PREP COMPANY!

Jared Graybeal, CEO