

Soulmate**food**

DIET DISTRIBUTION

www.soulmatefood.com

“CREATING THE
PERFECT DIET FOR
THE PERFECT BODY”



Soulmate eating

- HASSLE FREE - HEALTHY DIET
- FAST, FRESH AND AFFORDABLE.
- CREATING THE PERFECT DIET FOR THE PERFECT BODY
- GUILT FREE EATING
- COMBINING ALL THE INGREDIENTS YOU LOVE, TO CREATE NUTRITIOUS, EXCITING MEALS AND SNACKS



Take the worry and effort out of healthy eating and let us do the hard work! Its that simple... Just tell us your goals, dietary needs, intolerances, and then leave us to prepare you a variety of fresh, delicious meals and snacks, **delivered directly to you!**

What is Soulmatefood

SOULMATEFOOD IS THE UK'S ONLY 5 STAR DIET - DELIVERED TO YOU

Using the latest in American Diet Specific Technology, the meals are put together to suit your lifestyle and individual goals. The four main target

areas are shedding body fat, building lean muscle, exclusion of food intolerance, and offering a complete balanced diet!

Our chefs use all the ingredients you like, and prepare a fresh and exciting new menu everyday.





How it works:



Soulmatefood is not one of those fad diets that you find impossible to sustain. With Soulmatefood we ensure you eat only the foods you enjoy. Soulmatefood is about eating the right amount, portion sizes and right balance of food for YOU.

Eat the right mix of carbohydrates, protein, dairy products, fruit and vegetables – while limiting saturated fats, salt and sugar. The meals are prepared fresh, and all ingredients and nutritional values are bespoke to your tastes and needs, **nothing is frozen**. The menu's are designed to help you to reach your desired physical goal. They are perfect for men and women of all age groups. It is ideal for those wanting to lose weight, build muscle, or simply attain a balanced diet, as well as promoting regular eating patterns. The meals are also suitable for those with **food intolerances.***

Benefits:



All ingredients used are market fresh, **no colourings, additives or preservatives are included**. Soulmatefood prides itself on healthy, balanced eating.

Healthy eating brings lots of benefits. Soulmatefood promotes good health. Research suggests that diet may be a factor in around a third of cancer cases. One of the major factors in a healthy diet is fruit and vegetables. Eating the recommended five portions of fruit and vegetables a day, help reduce your risk of heart disease, stroke and cancer.

SOULMATEFOOD CLIENTS CAN REPORT THE FOLLOWING BENEFITS:

- Loss of body fat
- Increased muscle tone
- Overall weight loss
- Increased energy levels
- Not feeling hungry
- Less mood swings and irritability
- Mental clarity
- Lower cholesterol
- Lower blood pressure
- Regulates blood sugar levels
- Improvement in general health
- Affordable and enjoyable.
- No shopping, preparation, cooking, measuring, or calorie counting.
- Eat your way to a healthier lifestyle

Convenience

- Saves time and energy
- Everything is portioned and weighed out for you
- Soulmatefood is foolproof! The food is distributed in handy, portable secure sealed pots. Ideal for you to take out and about with you, ensuring you never miss a meal
- Gives you peace of mind and a feeling of total guilt free eating.
- No shopping
- No meal planning or preparation to consider
- No washing up
- Reduces cooking time
- Affordable

*Not suitable for severe food allergies

Ordering

Soulmatefood, is quick, easy and foolproof! Ordering is done on-line via our comprehensive visual ordering system. Simply log on to www.soulmatefood.com. Tell us your goals, your likes, and dislikes, the food is then

prepared fresh, packaged and sent direct to your home or place of work. Alternatively you can call us direct on: **0870 803 3833**.

Delivery

The food is delivered in your own personalised chilled container, ready for you to unpack and store in your fridge. Your food is delivered every three days, and can be delivered to your home, gym, workplace or any other convenient location.



Sample menu

Menu shown is non-sport specific, low cal and low fat.

IT'S LIKE HAVING YOUR OWN PERSONAL CHEF!

Every day, you can look forward to new and exciting healthy dishes. Combining ingredients from far and wide to create a personalised menu especially for you!

BREAKFAST



High protein, wholemeal pancakes, served with no-fat vanilla yoghurt, raspberry coulis and fresh fruit.

Pancakes are traditionally seen as being high fat 'bad' food. At soulmatefood we make whole grain, high protein nutritious and delicious pancakes. Smothered with no fat yoghurt and raspberry coulis, this is a filling and healthy way to start the day.

MORNING SNACK



Apples, walnuts and mixed grapes.

Walnuts are high in vitamin E. Complemented beautifully with the fresh fruit, boosting energy levels before lunch!

LUNCH



Tender chicken koftas, with bombay new potatoes, spinach and butternut.

Succulent chicken breast marinated in a selection of spices traditionally from southern India. Complemented with spinach, spiced new potatoes and butternut. This dish provides a healthy, tasty, low fat lunch.

AFTERNOON SNACK



Spiced apple and blueberry diet smoothie.

This gorgeous smoothie is laced with cinnamon. Packed full of fresh apples and blueberries giving 3 of your 5 a day.

DINNER



Seared tuna steak with Caribbean veg & papaya.

This exotic dish is a perfect balance of carbs, proteins and vegetables. Colourful and nutritious, this dish will make you smile!

EVENING SNACK



Vegetable sticks, served with 'soy-roasted' seeds, spicy tomato dip.

A low fat evening snack. Giving you the comforting feeling of not being hungry at bedtime! Fresh and tasty!

For more information please call us on:

0870 803 3833

or visit the website at:

www.soulmatefood.com

Soulmatefood

