



Home made food delivered to your door? Yes its lazy, but its Yum! - Soulmate food - <http://bit.ly/aq7Ye9>

• Taryn_Pi, [+] Fri 02 Apr 14:42 via web



Fancy getting ready made, healthy, balanced meals direct to your door? Soulmate Food could be just the thing - <http://bit.ly/aq7Ye9>

cb_TakTikTech, [+] Thu 01 Apr 20:53 via Echoton

Soulmate Food

Review by PI
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Perfect for those that think 'good nutrition' means an extra topping on the pizza whilst they do a RAM upgrade...

The Soulmate Food is a service for those of us **who can't cook, are too busy to cook** or who have **special dietary requirements**. Rather than worry ourselves about it, we merely call the very nice Soulmate team and get them to sort it out.

I was **Vegan** when I spoke to my Soulmate representative, but for the purposes of the review had decided to trial a regular diet. "Are you sure?" I was asked, before being assured that they had an expansive vegan selection – including desserts! It took a bit, but I stood firm.

Vegan aside, my biggest worry was the fact that **I am 100% gluten-free**. Was that going to be ok? Again that was not a problem, informing me that they even made their own gluten-free products and were careful to avoid contamination. I genuinely got the impression that they could have coped with anything I'd asked of them, especially after I was told that some of their clients had **food allergies into the hundreds**.

The food arrived well packed in a box with ice. Everything looked **amazingly healthy and fresh!** I had a container of minestrone soup, a smaller container of chopped carrots and sugarsnaps with Italian red pesto, bottles of smoothie, and even a tiny container of seeds! The main meals were all packed into baking containers so they could be thrown into the oven for half an hour. At the bottom of the box I found a personalised menu telling what I should be eating when. I'm not particularly good at following instructions so by the second day I'd already muffed it, but that just enhanced my enjoyment.



The **food was fabulous**. I can't cook and have really annoying dietary needs, so left to my own devices usually means bland and boring meals. The Soulmate food covered breakfast, lunch and dinner, as well as two snacks during the day. The food was really easy to prepare and each meal was very different from the last. I'd specially requested Tofu, Aubergine and Soy Yogurt and they were all there. I myself felt a lot healthier at the end of my trial than I did at the beginning.

Of course nothing is perfect and so I did have some issues with the Soulmate food. First, everything came packaged in its own individual plastic containers and for just a few days that was a lot of plastic to be thrown away. Secondly, the baking containers are also made of plastic and baking food in plastic made me uncomfortable. I would have liked some instructions for an alternative cooking method if I didn't wish to use theirs.

For starting off a health kick, losing weight for your wedding day, coping with food allergies or just transitioning into a new diet the Soulmate Food would be a great place to start. I know I'd consider it as a short term prospect just because the food is so yummy! It's also easy, convenient and very healthy. **If you love food you will love this**, if you love cooking you won't.

Prices can be found here: <http://www.soulmatelifestyle.com/food/prices.php>

www.soulmatefood.com