

grassfed beef & poultry

✓ Fit 'N Firm Foods
✗ Other Meal Services

wild caught fish

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healthy fats

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low carb

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always fresh

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FIT 'N FIRM FOODS

- ❑ All our meals have **anti-inflammatory** properties, which means they have enzymes (**no preservatives**) that break down when exposed to air and can be digested (**no bloating**).
- ❑ The meat used in our meals is 100% grassfed & the fish is caught in the wild environment. This means you get your **Essential Fatty Acids** which oxygenate your body and help **prevents cancer** (cancer can't grow where there's oxygen).
- ❑ Omega-3s are important for **heart health** and they are more abundant in grassfed animals and wild caught fish.
- ❑ Grassfed animals have 2X as much CLA (conjugated lineal acids) which are associated with **reduced body fat**.
- ❑ Grassfed meats are **lower in fat** than grain fed.
- ❑ We use only high quality fat sources (avocados; coconut oil; EVOO; grassfed organic butter, walnuts, almonds). Meals higher in natural fat **reduce inflammation** in the body, **enhance flavor**, and leave you **feeling satisfied**.
- ❑ All our meals are **<10g carbs**. Food items traditionally made from processed flours or high carb sources are made with alternatives such as cauliflower, almond flour, almond meal, etc.
- ❑ All our food is from **farm to table** and is cooked **fresh daily**. We use **no preservatives** and we **never freeze** either the ingredient we use nor the meals we prepare. We suggest enjoying them within two day.

OTHER MEAL SERVICES

- ❑ Other companies use farmed animals in their meals which are often fed hormones and grain to quicken growth and feed them inexpensively. Consuming animals that have been given hormones may increase another hormone, insulin-like growth factor (IGF), which could mimic the effects of human growth hormone in harmful ways. Higher blood levels of IGF have been associated with an **increased risk of breast, prostate, and other cancers** in humans.
- ❑ Farmed animals and fish are raised in tight quarters. When one becomes ill, farmers often treat all the cattle or fish with antibiotics. Eighty percent of antibiotics sold in the U.S. are given to animals. Eating meat or fish treated with antibiotics causes us to be more **resistant to antibiotics** which results in **higher illness susceptibility**.
- ❑ Farmed fish are fed processed pellets which are often made from other processed small fish which are usually caught in polluted waters close to shore and are often **contaminated with industrial chemicals**. This leaves farmed fish with **higher levels of chemical contaminants** that may contribute to **cancer, memory problems and neurobehavior changes in children**.
- ❑ Other meal services offer starchy carbs such as rice, flour tortillas and potatoes. These meals can vary from **30 to > 50g carbs** per meal. Carbohydrates are the only macronutrient that can **turn to fat** and the body will turn excess carbs to fat if not burned off.
- ❑ Ingredients from home cooking kits or other meal services are often **flash frozen** then shipped to you.