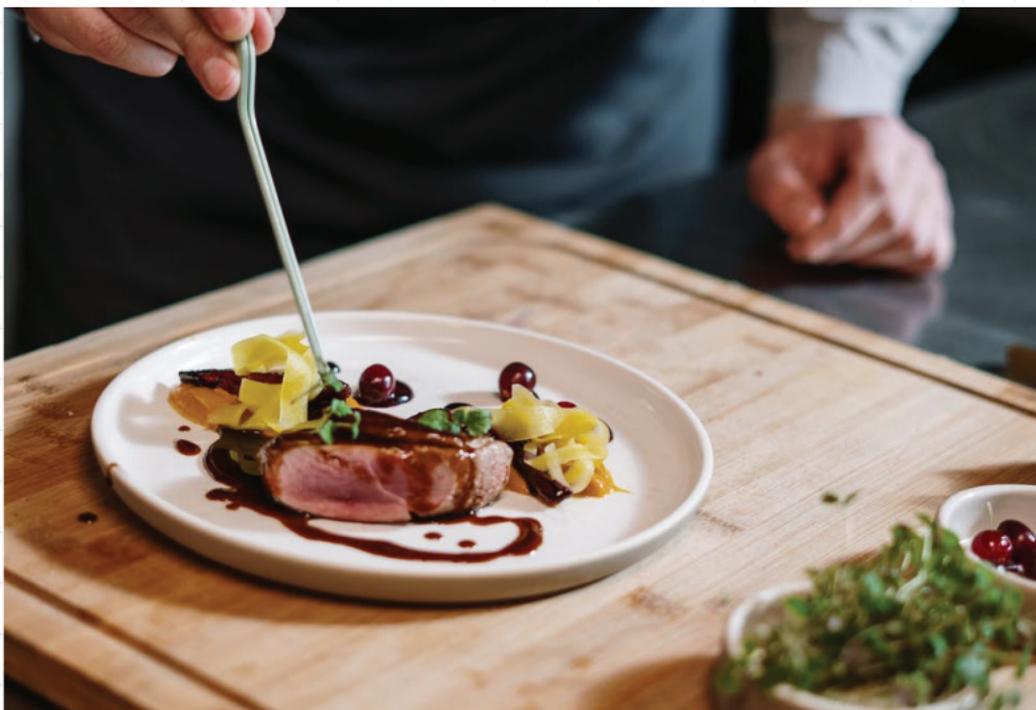




MEAL PLANS



PHARMXHEALTHONE MEAL PLANS

WHAT ARE MEAL PLANS?

Meal plans at PharmXhealthOne can meet every preference. Your wellness specialist helps you choose meal plans that match your weight management needs, taste preferences, and dietary restrictions, if you have any. Meal plans take the stress out of planning, shopping, and cooking nutritious meals. They can optimize your nutritional intake and quality of life.

WHAT ARE THE BENEFITS OF PHARMXHEALTHONE MEAL PLANS?

Some of the numerous benefits associated with meal plans include:

- + Nationwide meal delivery to your doorstep
- + Nutritious meals for a healthy, active lifestyle
- + Freshly prepared meals
- + No cooking or shopping for ingredients
- + Meals prepared by a 5-star gourmet chef
- + Enhanced weight loss or weight management
- + Reduced risk of nutritional deficiencies

PharmXhealthOne offers healthy meal planning with convenience. You can choose your favorite entrees and side dishes for you and your entire family. You don't even have to enroll in the PharmXhealthOne weight loss program to qualify for meal plans.

HOW DO PHARMXHEALTHONE MEAL PLANS WORK?

When you sign up for PharmXhealthOne meal plans, you choose the meals you'd like based on your personalized weight loss plan or food preferences. Your provider guides you through the process of ordering meals and planning nutritious menus. Meals are delivered right to your doorstep two times weekly for optimal convenience. You don't even have to grocery shop.

Simply order PharmXhealthOne meals that work best for you and your family, have them delivered to your home, and cook the meals as instructed.

ARE PHARMXHEALTHONE MEALS PLANS RIGHT FOR ME?

If you're overweight, not eating as healthy as you'd like to, or don't have time to prepare nutritious meals, PharmXhealthOne meal plans might be the solution you've been searching for. The PharmXhealthOne team works with you to develop custom plans that match your lifestyle and weight management goals.





Good nutrition is the foundation of health. However, if you don't eat a balanced diet, you may prevent your body from receiving the vitamins, minerals, and nutrients it needs. That's the reason why we made the best nutritious foods and beverages available to you and your family. At PharmXHealthOne wellness center, with convenient locations in Wellington, Boynton Beach and Port Saint Lucie, Florida, the team offers nutrition therapy to help people of all ages improve their health and vitality.

PharmXHealthOne offers 5 categories of meal plans:

- +Traditional
- +Keto
- +Paleo
- +Vegan
- +Lean and Mean

TRADITIONAL

Our flagship plan serves delicious gourmet-style fare in healthy, calorie-controlled portions for maximum health benefits



Chicken Parmesan



Yardbird Sandwich



Argentine Steak



Grilled Salmon with
Lemon Dill Sauce



New England
Pot Roast



Margherita Breakfast
Pizza

PALEO

Based on the popular "caveman" diet, our Paleo plan serves delicious meals without legumes, grains, and dairy. It's also 100% gluten-free.



Argentine Steak



Greek Turkey



Yardbird



Citrus Herb



**Southwestern
Ranch Chili**



**Margherita
Breakfast Pizza**

KETO

Supporting a different path to weight loss, the popular "Keto" diet is a low-carb, gluten-free diet that encourages your body to produce ketones in the liver to use as energy.



Chicken Pad Thai



Buffalo Chicken Tenders



Chicken



Bacon Cheddar



**Lemon Garlic
Shrimp**



**Wild Berries
Keto Pancakes**

VEGAN

It can be difficult to get the proper nutrition with a meat-free diet. Fresh Meal Plan makes it easy with perfectly balanced vegetarian and pescatarian meals.



**Asian Jerk
Beefless Tips**



Stuffed Shells



**Spinach & Artichoke
Pasta**



Vegan Jambalaya



Jackfruit Tacos



**Vegan Blueberry
Muffin**

LEAN & MEAN

Our only plan with a menu that doesn't change was specifically designed to meet the nutritional needs of amateur and professional level competitive bodybuilders.



**Blackened Grilled
Chicken**



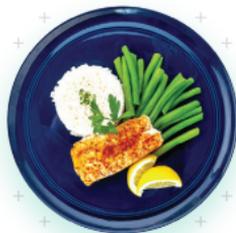
Turkey Chili



Shrimp Pasta



Steak and Veggies



Lemon Pepper Cod



**Lemon Thyme
Chicken**



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