



BODYFUEL

NUTRITION KITCHEN



■ **convenient, customized cuisine for Toronto's fitness enthusiasts and busy professionals** ■

**convenient** delivered to your home or office

**customized** designed to support your healthy pursuits and demanding schedule

**cuisine** wholesome, flavourful meals that combine the tastes you love with a healthy balanced diet



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**WHO WE ARE** BodyFuel is the brainchild of two bodybuilders & personal trainers who were tired of hearing that 'food isn't fun; food is fuel'. True - food IS fuel, but they believed that it could also be fun. And so came BodyFuel - the result of two very hardworking bodies of muscle and creative minds, and their unwavering commitment to change the clean eating status quo.

**WHO YOU ARE** You're not in love with the grocery store, you don't know what to make, or you simply aren't crazy about cooking. Maybe you don't have time, or maybe you do have time and would rather spend it doing other things. Maybe you don't know what to eat, when to eat it, or how much to eat at a time. And maybe you have a goal in mind and need help reaching it.

**WHAT WE DO** BodyFuel helps you by taking the guessing and the stressing out of how to properly fuel your body. No matter what your goals may be, ours is that you are always satisfied and satiated.

## WHAT WE NEED FROM YOU

a commitment to respect your body

*No matter what results you are chasing, any attempt to create a healthier form and physique requires focus and discipline. Alcohol, cigarettes, and refined sugar will only hold you back. Sleep, exercise, and copious amounts of water will serve you well*

a promise to be open-minded

*What got you here won't get you there, right? Enough said.*

trust + patience

*We know what we are doing. Our methods are tried, tested, and true. Eating properly is one thing, and doing it consistently is another. Trust the process, and trust our direction.*

feedback!

*Candid feedback is your gift to us. Your opinions matter the most and we want to know what you think! Further, we are constantly playing in our test kitchen and would love to hear what you'd like to see on the menu so that we can add it to the experiment roster.*

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**WHAT TO EXPECT** All meals are prepared, portioned, and delivered in dishwasher-safe and microwave-safe containers. We normally deliver on Sunday and Wednesday nights and charge a nominal delivery fee each week. That being said, we stand by our commitment to *convenience* and will gladly work out a delivery plan that works best for you. Discounts are provided for referrals, and if you wish to return your meal containers.

**HOW IT WORKS** Choose between BUILD, BURN, and BALANCE to help us better understand your goals and lifestyle. From there, we'll set up a 15-minute consultation or provide you with a questionnaire to get a better idea of your favourite flavours, guilty pleasures, and habitual eating endeavours. Each meal costs \$11, and you decide how many meals per day/week you want. Have big goals for your physique too? Let's unpack that together to make sure that your meal plan supports your grind.

**WHY IT WORKS** Transforming your body isn't magic; it's science. To maximize your results, your physical pursuits should be complimented with a clean diet that is designed to fuel your body and build strong muscles. Healthy foods, proper portion sizes, and strategically-timed meals will help take your body to the next level.

**WHY WE DO IT** We do this because we love it - it's really that simple! We love making you happy, whether that's through weight loss, saving time, eating well, or having pancakes for breakfast and not feeling guilty about it 😊



BUILD



BURN



BALANCE



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BUILD

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BURN

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BALANCE