

Holistic



# LIFE

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## Deliver Me Please!

Too busy to eat a healthy meal? Not any longer!

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### Freshology

Freshology is a major player in the gourmet food delivery world, serving clients across the contingent United States. Todd DeMann founded the company on the premise that there was a "need for a meal delivery program that would help people lose weight and maintain a healthy lifestyle without sacrificing taste."

In Southern California, Freshology has perfected a logistical feat—all "clients can expect a full day's worth of fresh, gourmet meals delivered no later than 6 AM." Freshology's punctual, daily service is certainly unlike anything else on the market. And even though they may not offer personalized meals for each individual, Freshology surely has a plan to suit everyone's needs.

On their website ([freshology.com](http://freshology.com)), clients can enter their zip code and see what fresh meal services are available in their area. In both Los Angeles and the San Fernando Valley, Freshology offers five fresh options: FreshDining, FreshSlim, FreshMommy, LifeStyle, and WholeFamily, covering everything from weight loss to breakfasts, dinners and desserts for the whole family.

With celebrity success stories and tailored plans for all types of busy people on the go, Freshology is redefining the possibilities of healthy gourmet delivery.

**Packaging:** Meals are delivered in a black, energy efficient cooler, sealed to prevent tampering. Simply leave the bag on your doorstep each night and it will be picked up the next morning.

**Price:** \$28.95 - \$54.95 per day. ([www.freshology.com](http://www.freshology.com))

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