



*Real food plans*

**Real Food Plans will enable you to have quick, easy, balanced and nutritious weekly food plans. We help remove those unhealthy choices we all make in our busy lives to help you with weight loss and improved well-being every day.**

**Your personalised weekly food plans are designed by a qualified nutritionist giving you an easy to follow shopping list for meals that take, on average, 20- 30 minutes to prepare and cook – taking the stress out of planning your weekly meals.**

By becoming a Real Food Plans member you'll receive your personalised female or male food plan including five dinner & lunch recipes (Monday – Friday), along with a categorised weekly shopping list with everything you'll need to make these meals. Your food plan and weekly shopping list will eliminate multiple supermarket stops and you'll find your weekly grocery bill is significantly reduced - in addition your work lunches no longer need to be purchased, and we all know that this can cost between \$30 - \$65 per person per week.

### **What do you do now?**

The first part in getting started is for us to establish exactly what plan you require based on your personal details and activity level. You can fill in our quick Real Food Plans questionnaire here:

[Online questionnaire](#)

[Or download it here](#)

Then simply email it to us at [david@realfoodplans.co.nz](mailto:david@realfoodplans.co.nz). The weekly cost is \$40/person, or \$60/couple. If you have any questions, please don't hesitate to email us back and ask. We would love to hear from you.