

20 INGREDIENT MEAL PLANS

for health

WHAT IS THE FRESH 20?

20 INGREDIENT MEAL PLANS FOR HEALTH

The Fresh 20 allows you to create a new culture around your food. A culture where you don't have to sacrifice in order to enjoy a great meal. Providing unique weekly meal plans and shopping lists that lead to healthy, delicious dinners that both your family and your wallet can enjoy.



HOW FOOD CHANGES LIVES

UNPROCESSED MATTERS

More energy. Weight loss. Clearer skin. Sound good? These are just a few of the benefits to cutting out processed foods.

ZERO WASTE

Having an empty kitchen at the end of the week, every week, saves money! That means more money in your pocket and zero guilt.

SHOP. PREPARE. COOK.

1 HOUR x 1 PER WEEK.

We give you a step-by-step guide to prep the entire week's meals. It takes an hour at the start of your week to save you valuable time during busy weeknights.



"Tastes like gourmet every night. Your meal plan rocks!"

- RACHELLEWHITE@WHITERACHELLE

ANNUAL SUBSCRIPTIONS INCLUDE:

- 12 Months Of Meal Plan Access:
- Choose From Classic, Vegetarian, Gluten-free, Paleo Or For One
- Monthly Tips & Tools
- Access To Meal Plan Archives

www.thefresh20.com

HAPPINESS STARTS HERE