

# CLEAN EATS

PLANT-BASED MEAL DELIVERY by Naturally Valiant®

## FREQUENTLY ASKED QUESTIONS

### **What is Clean Eats?**

Clean Eats is a read-to-eat Plant-Based meal delivery service offering a new weekly menu of 4 delicious meals – two meals fully Raw, and two meals Raw & Vegan (*meaning they have some cooked items*). Clean Eats Meals are made-by-hand and delivered fresh to your doorstep or office weekly. No cooking required.

### **Do You Use Fresh, Local, Organic Produce?**

We do our best to source as much organic, local and sustainable products when possible and use premium quality ingredients such as, fresh vs dried or fresh vs frozen. We work with the seasons & support local farmers; if it's ripe and fresh, we include it in our meals!

### **Are Clean Eats Meals Gluten-Free & Dairy Free?**

Yes, always! All Meals are 100% gluten and dairy free.

### **Do You Use Soy Products in Your Meals?**

Yes, we use soy products such as tofu, tempeh, edamame or miso. We use only certified 100% organic soy and non-GMO soy products.

### **What Do You Wash Your Produce With?**

We use a vinegar: water solution which has been proven most effective as removing residue and bacteria.

## **Are the Meals Meant to Be Eaten Cold?**

Clean Eats meals are made fresh, to be eaten fresh. Its recommended to eat your meals within 3-4 days for maximum flavour and freshness.

## **How Long Will Your Food Last in The Fridge?**

Meals are made fresh Mondays and typically maintain their freshness for 3-4 days. We use no additives, preservatives so food may perish quickly.

## **Do I Need to Reheat Anything?**

No, it's not necessary but we recommend pulling your meals out of the fridge 1-2hrs before eating to take off the chill from the fridge. Also, your cooked Raw/Vegan meals have items that can certainly be warmed if you prefer.

## **Do You Have Nutritional Information Available for the Meals? Calories/fat/Fibre/Protein etc.?**

Currently no, we do not have the nutritional information for each meal. Some clients use an APP called *Chronometer* to track their intake for more precision calculations of their daily dietary intake.

## **Do You Sell Individual Meals or Does It Have to Be for The Whole Week?**

Sorry no, we do not offer individual meals. Clean Eats is a meal program that offers packages of either: 5 meals or 8 meals.

## **Where Do You Deliver?**

We offer FREE delivery locally within Barrie. Delivery outside Barrie will incur a small delivery fee.

## **Which Day Do You Make Deliveries?**

We delivery on Monday's between 4pm-7pm.

## **How Does Delivery Work?**

You will receive a text that your delivery is on its way 15-30min ahead of arrival. You can meet your delivery driver at the door or indicate a drop-off spot on your porch for contactless delivery. Your meals are packaged in a brown bag and ready to go into the fridge.

## **What Time Are Meals Ready on Monday's?**

Generally, we are completed in the kitchen by late afternoon and begin deliveries thereafter. You can expect to receive your meals between 4pm-7pm. We communicate via text message to let you know when your meals are on their way!

## **Are Clean Eats Meals Delivered Directly to My Home?**

Yes, we deliver meals Mondays. We can drop directly to your doorstep or leave at a drop-off spot of your choice at your home or office.

## **What If I Am Not Home to Receive the Delivery?**

No problem, we recommend that you leave a cooler outside your door that we can leave your fresh items. These will keep fresh for 1-2hrs in case you're just running late en route home. Should you think you'll be longer than a few hours once we text you your ETA delivery time, we can hold your items for pick-up at our kitchen location when you arrive to town.

## **Do You Offer Pick-Up Location If I Live Outside the Delivery Area?**

Yes, we can arrange a pick-up time at our kitchen location should you wish to pick-up. Alternatively, we can accommodate a drop-off location close to you (ie: carpool) should you live outside our delivery zone.

## **Do I Have to Eat Meals in Order 1,2,3,4?**

Great question! Meals are marked on top of each container as; Meal #1, Meal #2 etc. The numbers indicate the Meals that correspond to the weekly menu items. It is not necessary to eat the meals in the specific order, but we recommend that the fully Raw meals are eaten first because they are more perishable. (Meals #1 & Meal #2)

## **Are the Meals for Lunch or Dinner?**

Clean Eats Meals are created as an 'entrée' to eat for either lunch or dinner, whichever you desire!

## **Do All Clean Eats Meals Need to Be Refrigerated?**

Yes, but sometimes there may be a raw/dehydrated item that do not require refrigeration - these will be marked accordingly and packaged separately with a label that indicates which meal they belong to on your menu plan.

## **How Much Does Clean Eats Meals Cost?**

The more meals you purchase, the more you save on each meal. Our 8 Meal package is \$199, and our 5 Meal Package is \$139.

## **What is Your Food Philosophy, How Are Your Meals Created?**

Glad you asked! We believe food is life, and we want you to get the most out of it! That's why we take great measures to use whole, natural, clean and pure ingredients. Next, we adopt a made-from-scratch with love approach and use the freshest Plant-Based foods Mother Nature gives us. Our in-house Holistic Nutritionist and Raw/Vegan Chef, Jessica curates the meals to provide nutritionally balanced meals + a touch of culinary flare.

We believe eating Plant-Based is the path to optimal wellness and believe that plants are the core of this belief. We pack our meals with a bounty of land & sea veggies and fruits to ensure only the freshest most nutrient-dense ingredients make it to your fork. We carefully plan our meals for the greatest satiation, nutrition, experience and deliciousness to keep you fueled and healthy for optimal performance in your daily life.

## **What Results Can I Expect from Eating Clean Eats Meals?**

Our meals are designed to help you increase energy, improve digestion, reduce bloat, boost mental focus and improve skin clarity. Clean Eats is void of common allergens and you can expect to feel changes in your body when eating these meals to supplement your healthy lifestyle. Individual results vary and depend greatly on your regular diet outside of the Clean Eats Program.

## **Is Your Food Packaging Recyclable?**

At Clean Eats we use fully compostable materials for our packaging. The materials are made from corn.

## **Can I reheat Meals in its original packaging?**

All of our meals are freshly prepared for eating fresh from its container. However, some of our meals can certainly be warmed! We ask that you use a plate or alternative packaging to do so as our packaging is not micro-wave or heat safe.