

Vancouver's homegrown meal kit

Get quality ingredients to make world-class recipes delivered weekly to your door. Any new Fresh Prep customers can try Fresh Prep Meal Kits & More for as low as \$10.60, but even less with promo code.

Members can enter the code **FBCF3BBB120** when signing up at freshprep.ca

The discount will apply automatically across your first orders.

1st order \$40 off, 2nd order \$30 off, 3rd order \$20 off, 4th order \$10 off for a \$120 discount total.

They operate in 6 centers throughout BC. Choose your plan size and set dietary preferences for vegan-friendly, gluten-free, or meat options each week.

Fresh Prep is now available in **275+ cities** across Canada. From Vancouver to Montreal, with cities like Edmonton, Calgary, Toronto, and Ottawa in between.

Mission: We believe that the quality of your life starts with the food you eat. By eating the right food, your mind and body can flourish and function at the best of its ability.

The problem is: you are too busy, and you don't have time to eat well, often resorting to take-out or fast food. It takes too much time to plan, shop, cut and clean up.

That's why at Fresh Prep, we find the absolute easiest way for you to access the highest quality food, everyday. We are committed to making your life in the kitchen, and outside the kitchen, as easy and as stress-free as possible.