

# MEAL PREP SERVICE



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**We have partnered with Square Meal Kitchen to bring you freshly prepared healthy meals for you and your family to bring you fresh, high-quality, healthy prepared meals so you can eat healthy without the hassle.**

Square Meal Kitchen uses only fresh, all natural ingredients that are calorie conscious, packed with protein and low carb friendly. Perfect for those looking to support a healthy life with clean eating, Perfect for the those looking to support a healthy lifestyle with clean eating, or the healthy-conscious family who is short on time but not giving in to fast food.

## **ORDERING IS EASY!**

Visit [squaremealkitchen.com](http://squaremealkitchen.com) to view and choose your meals  
Place your order and select Fitness 4 You as a pickup location

OR

Place your order at Fitness 4 You

## **Deadlines For Ordering:**

**Saturday by 10:00am for Monday Delivery**

**Tuesday by 10:00am for Thursday Delivery**

**Fitness 4 You**  
290 Smithtown Blvd  
Nesconset, NY 11767  
631-252-6132

[www.fitness4youinc.com](http://www.fitness4youinc.com)