



fit



FARM *to* FORK  
— MEALS —



HEALTHY. FRESH.  
AFFORDABLE



THE FARM TO FORK EDITION



# OUR MEAL PLANS

Enjoy the convenience of meals that have been prepared specifically for you with only premium ingredients and your nutritional goals in mind. All meal plans include either two meals or three meals per day, 5 days per week, starting at only \$11.75 per meal.



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MEALS

**Vegetable Pot Stickers**

with baby bok choy, honey glazed carrots  
and sweet Thai chili dipping sauce

**Anytime**

Made on: November 3, 2021

**Reheating Instructions:**

Open container and remove sauce. Heat in a 350  
degree oven for 15 minutes or microwave on high for  
1-2 minutes, vented.

CALORIES	PROTEIN	CARBS	FAT
304	13	27	16

[farmtoforkmeals.com](http://farmtoforkmeals.com)  
1-877-800-1410

vegetarian

HEALTHY, FRESH, RIGHT TO YOUR DOOR



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# ABOUT US

Michael Panza is a gourmet chef with more than 10 years of culinary experience. Panza's dream of serving healthy and all-natural food throughout South Florida is now a reality through Farm to Fork Meals. Unlike other food delivery services, Farm to Fork Meals is truly unique for each customer, as subscribers can individualize their meal plans based on a wide variety of dietary needs and restrictions. Each week, customers can choose from a list of nutritious menu items such as top quality meats, seafood, delicious grains, starches and locally sourced, fresh vegetables. When you first sign up, you will select from one of three Meal Plans that focus on specific diets: Paleo, Vegetarian and Fit. This Meal Plan will determine the default selections for your weekly menu, but you can always customize your selections as outlined below.