


## MEAL PREP

Thank you for your order! We take pride using only the best ingredients for the food that ends up on your table. For every order, we confidently undertake the preparation process, crafting our food with test and true recipes. We hope you will love it and come back to try our other specialties. Health first 

Available In  *Vegan*   
*Non-Vegan*



 @healthnhealthy

 @healthnhealthy1



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

***A healthy diet shouldn't have to be hard to keep up, so we get rid of everything standing in our way.***

Before signing up for a meal prep service, **please ensure that you fill out the meal prep form, read the terms and conditions, and adequately go through the menu.** Personal changes on the menu attract extra fees.

- Please note that meal prep runs only **MONDAYS -FRIDAYS (Working days)**
- **Each meal contains between 400 calories**

**In-house sauces and traceable ingredient  
Pesticide-free produce. Worry-free nutrition.  
Freshly Made daily.**

**\*These prices excludes delivery charges \***  
**\* Each plan comes with complementary green smoothie shot\***

<b>DAYS</b>	<b>WITHOUT</b>	<b>WITH SNACK</b>
5 DAYS BREAKFAST	24,000	29,000
25 DAYS BREAKFAST	120,000	145,000
5 DAYS LUNCH OR DINNER	25,000	30,000
25 DAYS LUNCH OR DINNER	125,000	150,000
5 DAYS BREAKFAST & LUNCH	47,500	52,500
25 DAYS BREAKFAST & LUNCH	225,000	250,000
5 DAYS LUNCH & DINNER	50,000	55,000
25 DAYS LUNCH & DINNER	245,000	273,000
5 DAYS BF & LUNCH & DINNER	67,500	72,500
25 DAYS BF & LUNCH & DINNER	325,500	350,500



## Hi, I'm Natachi – A Certified Nutrition & Wellness Consultant

**I help busy people regain their health, lose weight and restore their gut health so they can get back to living their life, feel energized and free! I have a realistic approach and put together simple, easy to follow nutrition plans which get results!**

Growing up, I was a skinny child and didn't eat much. During my secondary school period, my love for food, especially rice grew. I had an accident that got me bedridden for 8 weeks. I gained weight and didn't consider doing anything about it. I'm not blaming the accident; the blame is on my inactivity and unhealthy love for carbohydrate. My lack of discipline and change got me to a whopping 308lbs (140kg) in 2010.

After so much struggling with meals and exercise, I started studying and trying out various approach to healthy and finally I got it. Eating both quality and quantity food. Two years and eight months and I'm 75kg lighter. I can run, exercise with so much energy. I'm in the best shape I've ever been. Over time I've developed a healthier relationship with food. Health and fitness is now a passion and I've turned it into a business which lead to the birth of my healthy bakery & cafe in Gwarinpa, Abuja Nigeria. I have helped over 3500 people lose weight, educate them on mindful healthy eating.

### *Here are some review from clients*

*"I used the 21 tailored meal plan religiously, skipped dinner and added some exercised routine for two months and I went from 90.1kg to 79kg. It was totally worth it" .....Ugochi*

*"These 12 weeks taught me how disciplined I could be. I waited patiently for one person to notice, just when my scale refused to drop and was getting frustrated I hear it. "Bimbo you are losing weight". I almost fainted with excited. It was my dad. And that was it for me. Oh Natachi, God bless you for me, don't know how she does it but I want to say thank you for believing in me so much that it kept pushing me. So far I have loss 10.6kg." ...Bimbo*

## **Why you need a nutritionist**

Working with a nutritionist is the best way to get personal advice about food and lifestyle choices that can affect your health. They will help you identify eating habits and patterns, answer any questions about food or nutrient needs, and give you knowledge and skills to help you make the most out of your food choices.

## **Situations When You Should Consult a Nutritionist That May Surprise You**

1. When you're over snacking
2. Cannot seem to be satisfied after eating
3. When you're struggling with binge or emotional eating
4. When you work the night shift
5. You've been diagnosed with high cholesterol, diabetes, fatty liver, etc
6. When you cannot sleep through the night
7. You're turning 30, 40 and 50 years
8. You are always constipated
9. You have tried every other diet out there
10. You're doing everything right but can't lose weight
11. You're too thin and need to put on healthy weight
12. You want to improve your skin health

Want to consult a nutritionist? Email our in-house certified nutritionist at [natachyp@gmail.com](mailto:natachyp@gmail.com)  
Fill out the consultation form and payment [\*\*HERE\*\*](#)

## **WHAT SEPARATES HEALTH N' HEALTHY FOODS FROM OTHER MEAL PREP COMPANIES?**

Healthnhealthy is not only a meal prep company, it is a lifestyle. Unlike other meal prep companies, our company is dedicated to helping our customers achieve an affordable, convenient, and deliciously healthy lifestyle. We take the hassle out of meal prepping by giving our customers flexibility in curating meals to their tastes, but also their nutritional needs.

Our meals are carefully and freshly prepared daily, offering a perfect balance of macronutrients to ensure that both you and your body are satisfied while enjoying our meals. While other meal prep plans may be low-calorie, they are often comprised of high-fat meals. Our foods ensure that whatever meal plan you choose, our meals will keep you on track for the results you desire. See our [about page](#) for further information on the ingredients we use.

## **HOW DO I GET MY MEALS?**

There are two ways of getting your meals:

1. Pick up in-store from 8:30 am - 5:00 pm
2. Delivery from 8:00 am - 5:00 pm

## **TYPES OF VEGETABLES WE USE**

We use seasonal vegetables such as broccoli, cauliflower, carrots, bell peppers, green beans, peas, and pumpkin vegetable

# VEGAN MEAL PREP MENU

## WEEK 1 / 3 / 5

DAYS	BREAKFAST	LUNCH	DINNER	SNACK
<b>MON</b>	Scramble tofu, oat Pancake	Lentil curry and rice with steamed vegetable	Baked potatoes with vegetable and grilled tofu	Protein Carrot Cake
<b>TUES</b>	Oat waffle and scrambled tofu	Scrambled tofu pasta with steamed vegetable	Protein Chickpea Salad	Protein brownie bar
<b>WED</b>	Tofu wrap	Basmati rice and soy mince meat sauce & pumpkin vegetable	Lentil curry and naan	Protein Carrot Cake
<b>THURS</b>	Scramble tofu, oat pancake	Wheat Pasta with lentil sauce with steamed vegetable	Baked potatoes with vegetable and grilled tofu	Protein Brownie Bar
<b>FRI</b>	Boiled plantain tofu sauce	Basmati rice and soy mince meat sauce & pumpkin vegetable	Protein Chickpea Salad	Protein Carrot Cake

## WEEK 2 / 4

DAYS	BREAKFAST	LUNCH	DINNER	SNACK
<b>MON</b>	Baked Potatoes tofu sauce	Vegan no eggless fried rice	Baked tofu, plantain and vegetables	Fruits
<b>TUES</b>	Chickpea Sandwich & Juice	Pasta and soya mince sauce with steamed vegetable	Chickpea salad	Almond nut and Apple
<b>WED</b>	Mushroom Tortilla wrap	Lentil Curry & Naan bread	Mushroom & tofu chinese rice	Fruits
<b>THUR</b>	Baked Potatoes tofu sauce	Vegan no eggless fried rice	Baked tofu, plantain and vegetables	Almond nut and Apple
<b>FRI</b>	Chickpea Sandwich & Juice	Lentil Curry & Naan bread	Chickpea salad	Fruits

## **NON-VEGAN MEAL PREP MENU**

### **WEEK 1 / 3 / 5**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MON</b>	Scramble eggs, oat pancake	Lentil curry with rice and chicken with steamed vegetable	Baked potatoes with steamed vegetable and grilled chicken	Protein Carrot Cake
<b>TUES</b>	Chicken sandwich with juice	Grilled fish with baked plantain and steamed vegetable	Chicken salad	Protein brownie bar
<b>WED</b>	Chicken wrap	Pasta with beef stir fry	Cow tail pepper soup with boiled potatoes	Protein Carrot cake
<b>THURS</b>	Scramble eggs, oat pancakes	Lentil curry with rice and chicken with steamed vegetable	Chicken salad	Protein brownie bar
<b>FRI</b>	Boiled plantain and egg sauce	Pasta with beef stir fry	Baked potatoes with steamed vegetable and grilled chicken	Protein Carrot Cake

### **WEEK 2 AND 4**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MON</b>	Baked Potatoes and egg sauce	Chicken stir fry with rice	Chicken salad	Fruits
<b>TUES</b>	Chicken Sandwich & Juice	Chicken stir fry with pasta	Baked potatoes with steamed vegetable and garlic beef strips	Almond nut & Apple
<b>WED</b>	Chicken wrap	Lentil Curry, grilled chicken & Naan bread	Cow tail pepper soup with boiled potatoes	Fruits
<b>THUR</b>	Baked Potatoes and egg sauce	Chicken stir fry with rice	Chicken salad	Almond nut & Apple
<b>FRI</b>	Chicken Sandwich & Juice	Lentil Curry, grilled chicken & Naan bread	Baked potatoes with steamed vegetable and garlic beef strips	Fruits

# **FREQUENTLY ASKED QUESTION**

*It is very important that you read the policy and frequently asked questions*

Our balanced meal prep service consists of food from various food groups such as Protein, vegetables, grains (complex carbohydrates), and fruit.

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## **WHAT KIND OF FOOD DO YOU COOK?**

we believe in eating food made from real, whole, natural ingredients. we cook healthy, fresh, meals and are able to accommodate any personal dietary needs or allergies.

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## **HOW IS THE MENU?**

We have 2 different menus that are used for the 25 days

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## **HOW ARE MEALS MADE?**

Meals are made fresh daily

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## **HOW ARE MEALS DELIVERED?**

Meals are delivered daily, we open for meal prep at 8:30 am daily so meal delivery starts at 9 am daily.

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## **CAN I CHOOSE THE PREFERRED DELIVERY TIME?**

Yes you can as long as the time is between 9am to 5 pm

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## **HOW DO YOU PACK YOUR MEAL-PREPPEd FOOD?**

We use microwaveable plastic PET containers to pack food, this is so just in case you need to heat your food in the microwave. It is your responsibility to store your food once it has left our kitchen

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## **CAN I PAUSE MY MEAL PREP?**

You are allowed to pause your meal prep once for the 25 days and must not be more than 5 working days so it is advised to subscribe for days you will be available

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## **WHICH MEALS ARE FOR WEIGHT LOSS?**

Our meals are tailored to at least meet your health needs (or 350 /450/ 450 calories for breakfast, lunch and dinner respectively)

We offer meals for various dietary needs such as for weight loss or maintaining a healthy weight  
\*\* Keep in mind that creating a balanced diet (even for weight-loss) should include a balance of all macro nutrients.

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## **DO YOU OFFER WEIGHT LOSS PLANS?**

We have various plans to fit your weight loss goal, just consult our nutritionist *natachyp@gmail.com* for private consultation before starting a program. Special consultation fee with detailed with a tailored plan is from N45,000.

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## **WHAT ABOUT MALE PORTIONS?**

Because men need more protein in their males, we charge extra fees for male meal prep service especially if they require more protein.

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## **WHAT ABOUT CONSULTATION?**

We have an in-house certified nutritionist available for consultation at a fee, please book for one if you need it. Working with a nutritionist helps to breakdown your goal in a more sustainable manner to enable you achieve set goals. Email *natachyp@gmail.com* to book for consultation for a fee.

# **MEAL PREP POLICY**

## **IMPORTANT HEALTH INFORMATION**

People with certain conditions **MUST HAVE** physician approval prior to ordering any Healthnhealthy consumable goods; these include, but are not limited to people who: (a) are pregnant, (b) have anorexia or bulimia, (c) have chronic kidney disease, (d) children under 17 years old, or (e) nursing mothers. People with these or any other serious health conditions must seek physician approval before ordering any Healthnhealthy consumables.

## **WEIGHT LOSS AND HEALTH CLAIMS**

Healthnhealthy provides weight loss and health information solely for informational purposes. Weight loss and health results are not guaranteed if you do not do your part of the work by eating healthy food portion and exercising. Actual results will vary widely from individual to individual. By purchasing from Healthnhealthy, you acknowledge that Healthnhealthy does not make any claims, guarantees, explicit or implied, for any specific results.

## **NUTRITION INFORMATION**

Please note that nutritional information on our site reflects recent updates to meals based on evolving ingredients. The nutritional information for meals at the time of their preparation is reflected on the labels on our meal containers.

## **PAUSE A SUBSCRIPTION**

Following your Plan selection and placement and receipt of your first weekly order, you may pause a subscription once in 25 days. Email us on **[healthnhealthy101@gmail.com](mailto:healthnhealthy101@gmail.com)** only. Pausing a subscription must be done at least 3 days ahead and must not be more than 5 working days off.

## **FOOD MODIFICATION POLICY**

All meals are pre-determined. **NO MODIFICATIONS**. Please list food allergies when filling meal prep form. If you make note to your order for any modifications, your request will not be granted. All meals are pre-determined unless a food allergy is noted. To customize your meals, please create your meals and email to **[healthnhealthy101@gmail.com](mailto:healthnhealthy101@gmail.com)** to get an accurate quote for that. Healthnhealthy is not responsible for unavailability of substitutes if demand is low, item not discounted or for any other reasonable situation.

## **CREDITS & REFUNDS POLICY**

If you would like to cancel your order for any reason, you must submit your refund request by email to our customer service department at ***healthnhealthy101@gmail.com***. A cancellation fee of 30% of your payment will be subtracted from your subscription fee and a store credit will be available to you, this means we will not refund you cash but a store credit will be available to you to make purchase from our shop.

If you are unsatisfied with your meal(s), please contact and report any issues to ***healthnhealthy101@gmail.com*** within 30 minutes of that meal(s) being delivered/picked up. Healthnhealthy may require but is not limited to: photos of the meal(s) and documentations. An order will not be refunded on the grounds of taste or if the goals, such as weight loss or muscle gain, are not achieved.

## **NOT MEDICAL ADVICE**

The information presented on this Website is in no way intended as medical advice or as a substitute for medical treatment. This information should only be used in conjunction with the guidance and care of your physician. Consult your physician before beginning any diet, nutrition, or fitness plan offered through the Website. Your physician should allow for proper follow-up visits and individualize your diet, nutrition, or fitness plan as appropriate. Nothing stated or presented on the Website is intended to be a substitute for professional medical advice, diagnosis, or treatment. Our in-house dietician is meant to offer internal advice to our staff on meal composition, but not to be interpreted as medical advice for our clients. Always seek the advice of your physician or another qualified healthcare provider if you have any questions regarding a medical condition, your diet, nutritional supplements, an exercise regimen, or any other matter related to your health and well-being.

## **FOOD STORAGE**

Healthnhealthy accepts no responsibility for damages related to meals that have been improperly stored. We are not responsible for spoilage, as we prepare all meals fresh. Every meal is made to order, we do not store cooked food for days then ship to you. After meals are delivered they should be refrigerated promptly. Failure to promptly refrigerate meals will absolve Healthnhealthy of any liability or responsibility for damages related to meals that have been improperly stored after delivery.

## **STATEMENT REGARDING FOOD ALLERGIES.**

If you have any allergies, you must notify Healthnhealthy prior to making a subscription. If you are a current Healthnhealthy customer, and discover that you have an allergy, or develop an allergy, you must notify Healthnhealthy immediately. Failure to notify Healthnhealthy of new allergies will limit our liability for any and all damages to the cost of the order. Failure to notify Healthnhealthy of existing allergies will absolve Healthnhealthy of all liability for damages. The eight most common food allergens are as follows: milk, eggs, peanuts and tree nuts (such as almonds, cashews, and walnuts), fish (like bass, cod, flounder), shellfish (including crab, lobster, and shrimp), soy and wheat. Please be advised that some meals may contain these allergens and also contain the no-calorie sweetener, stevia. If you're allergic to any of these items, you should know that we prepare foods in our kitchens with these ingredients, and while we make every effort not to do so, we cannot guarantee that there won't be any cross contamination with your other meals. Food allergy reactions can range from mild to severe. If you have any food allergies we advise you to exercise extreme caution when ordering from Healthnhealthy. If you have moderate to severe allergies we cannot recommend Healthnhealthy for you. Healthnhealthy may offer some gluten-free meals but these meals are not prepared in a gluten-free facility. If you have any questions regarding your food allergy, please contact our customer service department at *healthnhealthy101@gmail.com*

## **FOOD SUBSTITUTION POLICY**

Although Healthnhealthy takes every reasonable measure to have sufficient inventory to fill your order, availability of product(s) may change without notice. Healthnhealthy is not responsible for unavailability of product due to popular demand, whether discontinued or still in production. In the completion of orders, Healthnhealthy reserves the right to substitute a similar product. When making substitutions, Healthnhealthy takes great care to meet the requirements of your particular program or order. Substituted food items may contain different ingredients and allergens than those in items originally ordered. Prior to consumption, please be sure to carefully check all individual product packages for the most updated information regarding ingredients and nutritional content for any/all of Healthnhealthy's food products, including new and improved items, if you have any food allergies or if you are otherwise concerned about any particular ingredients. It is your responsibility to fill out your allergies on the meal prep service form, Healthnhealthy will not be held responsible for any issue if allergies are not listed on the form by you.

## **DELIVERY PROBLEMS**

We use third-party carriers to deliver your food packages. It is important that you provide us with the accurate delivery information and any special instructions the delivery driver may need. If you delay on delivery, delivery man will not wait longer than 7 minutes. If he leaves and comes back, then you'll pay for extra delivery. Always answer your phone and be ready to pick your meals.

Ready to sign up?

Fill out the meal prep form first

**MEAL PREP FORM: [CLICK HERE](#)**