



Fresh, Never Frozen
Our meals are freshly prepared every day to ensure they're full of authentic, made-at-home flavor for an experience you'll savor every time.

Something for Everyone
Chef inspired recipes offer a variety of unique international flavors and dietary options.

You can enjoy our healthy entrées anytime, anywhere. Let us do the cooking while you spend time with friends and family, tackle your to-do list, or simply relax with a delicious breakfast, lunch, or dinner.
That's life made easier.

Eat Fresco takes a deliciously honest approach to fresh prepared meals. We create great tasting, nutritious entrées you can enjoy quickly, easily, and hassle-free.

Real Food
We use only all natural ingredients and antibiotic free proteins with no added hormones or preservatives. There's nothing fake in our food.

A Clear Difference
Innovative, transparent packaging maintains freshness without unnecessary processing or unhealthy additives. Our serving tray is microwaveable, BPA-free, and recyclable.



OUR ENTRÉES BY THE NUMBERS

AS MUCH AS	LESS THAN	READY IN
42	375	3
GRAMS OF PROTEIN	CALORIES PER SERVING	MINUTES OR LESS

Read more about us at eatfrescofoods.com

Healthy & Nutritious
ALL NATURAL INGREDIENTS
Clean, Honest Proteins
ZERO PRESERVATIVES
Easy, Quick, Convenient

Community Focus

We support our community by partnering with a variety of charitable organizations and giving back to our neighbors in need.



CONTACT
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EAT
FRESCO[®]
DELICIOUSLY HONEST



Eat Fresco meals are available throughout the Southeast. Visit our site for a full list of retailers.

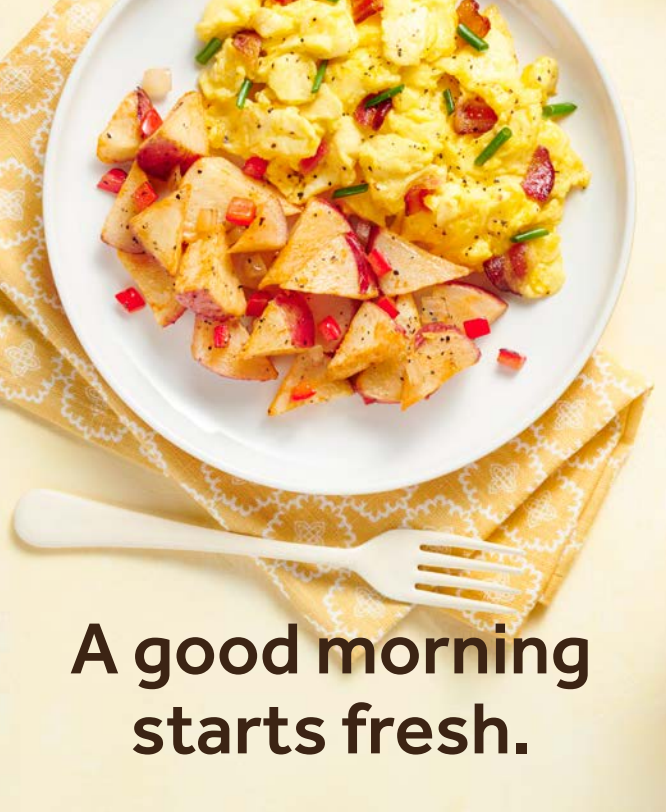
eatfrescofoods.com



Additional information on ingredients, allergens, facilities, sourcing and availability can be found on our website.

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A good morning starts fresh.



We make eating healthy easier.



340 Calories | 25g Protein
Carb Conscious | Gluten Free



210 Calories | 15g Protein
Carb Conscious | Gluten Free



350 Calories | 34g Protein
Carb Conscious | Gluten Free



120 Calories | 9g Protein
Vegetarian | Gluten Free



400 Calories | 40g Protein
Gluten Free | Milk Free



290 Calories | 27g Protein
Soy/Gluten/Nut Free



390 Calories | 36g Protein
Soy/Gluten/Nut Free



490 Calories | 45g Protein
Soy/Gluten/Nut Free



440 Calories | 27g Protein
Soy/Milk/Nut Free



440 Calories | 42g Protein
Soy Free | Nut Free



470 Calories | 35g Protein
Soy/Gluten/Nut Free



360 Calories | 23g Protein
Plant-Based | Gluten/Dairy Free

High Protein

Plant Based

Carb Conscious

No Added Hormones

Zero Antibiotics

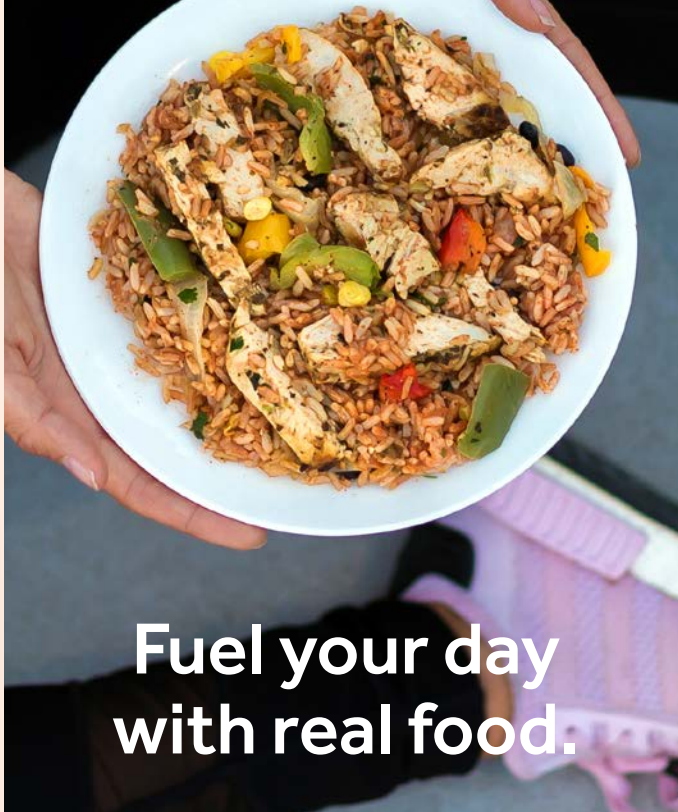
Low Sodium

Gluten Free

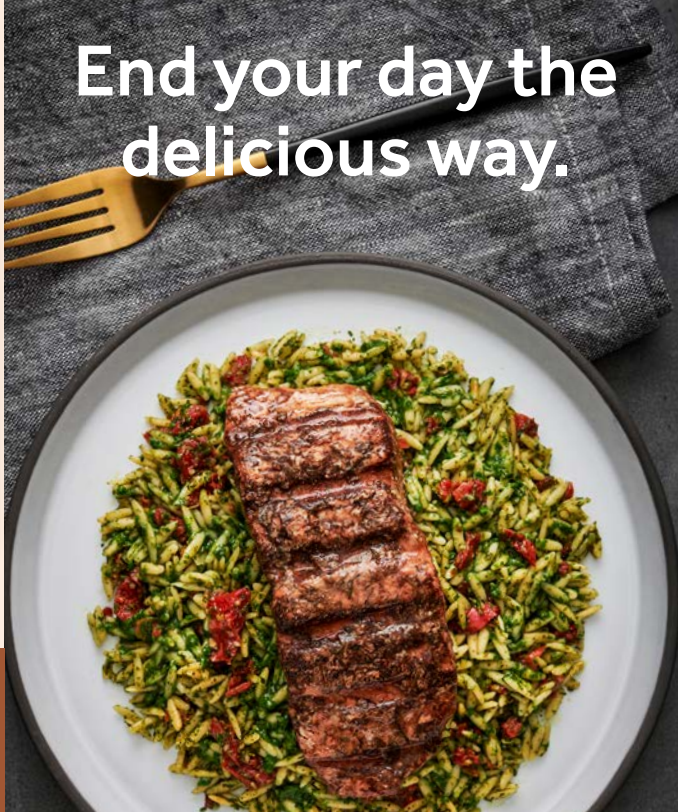
Milk Free

Nut Free

Soy Free



Fuel your day with real food.



End your day the delicious way.