

WELCOME TO EATSY MIAMI,  
AN EASY WAY TO EAT HEALTHY!



*Taste the Challenge!*



[eatsymiami.com](http://eatsymiami.com)



## ABOUT US

We offer a meal delivery service that is a healthy and sustainable lifestyle diet that includes lunch (lean protein, low glycemic index carb and assorted organic vegetables), snack (no refined sugars, no dairy or saturated fat, gluten free, and organic) dinner (protein + Vegetables) No carbs and green juice or protein shake if you wish.

Our goal is to provide our customers with a healthy and nutritious meal plan that doesn't feel like sacrifice. On the contrary, we are looking to please our customers with new flavors and ingredients that will make healthy eating sustainable.



Meet our Chef!



## **CHRISTIAN BARANY**

Chris, Head Chef at the Eatsy Miami brings to the table ten years of professional experience and culinary family background for fresh food and an authentic approach to seasonal cooking. Daniela Sous Chef has a passion for healthy living and her creativity combined with his knowledge makes the perfect team for this adventure. We both believe in taking the time to cook and eating together as a family. It really makes a difference. That's essentially what we're trying to do, nourishing people who don't have time with something that's healthy, that's from the farm, and feel at home.



## **EATSY WILL...**

help you find the perfect high protein meal delivery service to help you achieve your fitness goals! All serious athletes know diet is half the battle when it comes to performing at your best.





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Eatsy Miami in connection with RZone is offering a delivery discount for members only. Take advantage of this promotional offer and help keep 2020 healthy.

Regular price \$12 for **MEMBERS \$10. CODE: RZONE**

We have added healthy snacks, bakery and smoothies to our menu. We also cater all events. Call us today for more information on our new delicious options

# Choose your Meal Plan and get started now!...

## **VEGETARIAN MEALS.**

Based on food that meets vegetarian standards by not including meat and animal tissue products.

## **CARBS CONTROL MEALS.**

Based on foods with restricts carbohydrates. It is high in protein, fat and healthy vegetables. Studies show that they can cause weight loss and improve health.

## **NO CARBS MEALS.**

Eliminate digestible carbs as much as possible. Carbs are your body's primary source of energy. They're found in grains, beans, legumes, fruits, vegetables, milk, yogurt, pasta, bread, and baked goods.

## **PALEO MEALS.**

Includes lean meats, fish, fruits, vegetables, nuts and seeds. Foods that in the past could be obtained by hunting and gathering. These foods include dairy products, legumes and grains.

## **PESCATARIAN MEALS.**

Based on a vegetarian diet, but who also eats fish and other seafood. It's a largely plant-based diet of whole grains, nuts, legumes, produce and healthy fats, with seafood playing a key role as a main protein source.

## **VEGAN MEALS.**

Based on a vegetarian diet that excludes meat, eggs, dairy products, and all other animal-derived ingredients.

## **CLASSIC HEALTHY MEALS.**





Eatsy

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## CONTACT US

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