



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.

Life Made Easier

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.

Community Focus

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



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 with no added hormones or preservatives. Our turkey and chicken are antibiotic free. 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.



EAT FRESCO BY THE NUMBERS

Breakfasts

Entrées

Up to
30
grams of protein

Average
253
calories per serving

Up to
40
grams of protein

Average
415
calories per serving

READY IN 3 MINUTES OR LESS

Healthy & Nutritious

ALL NATURAL INGREDIENTS

Clean, Honest Proteins

ZERO PRESERVATIVES

Easy, Quick, Convenient



EAT FRESCO®

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info@eatfrescofoods.com
@eatfrescofoods



Visit the Where-to-Buy page on our website for a full list of retailers.

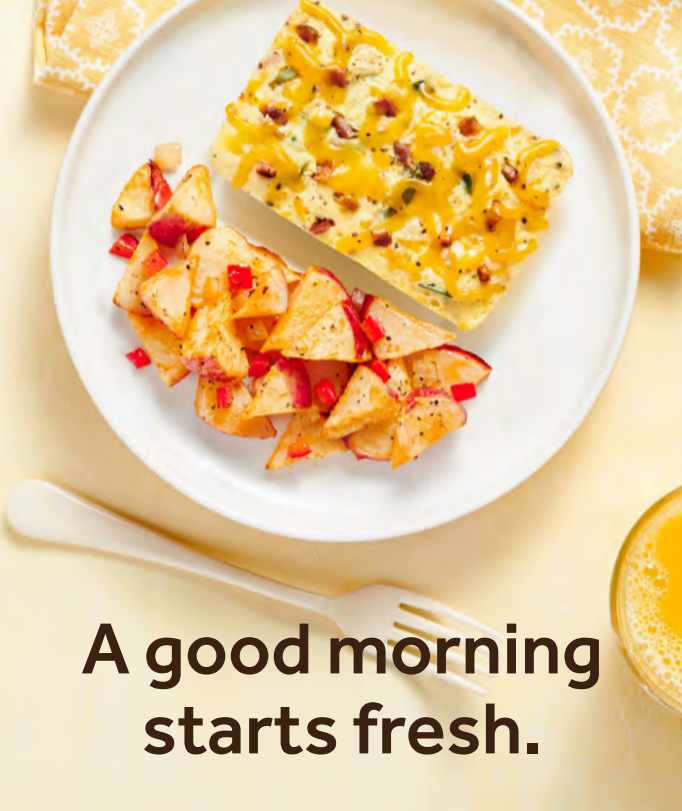
eatfrescofoods.com

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

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EAT FRESCO®
DELICIOUSLY HONEST





A good morning starts fresh.



We make eating healthy easier.



340 Calories | 25g Protein
Carb Conscious | Gluten Free



190 Calories | 13g Protein
Carb Conscious | Gluten Free



330 Calories | 33g Protein
Carb Conscious | Gluten Free



150 Calories | 10g 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 | 27g Protein
Gluten Free | Milk Free



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



470 Calories | 29g Protein
Soy/Gluten/Nut Free

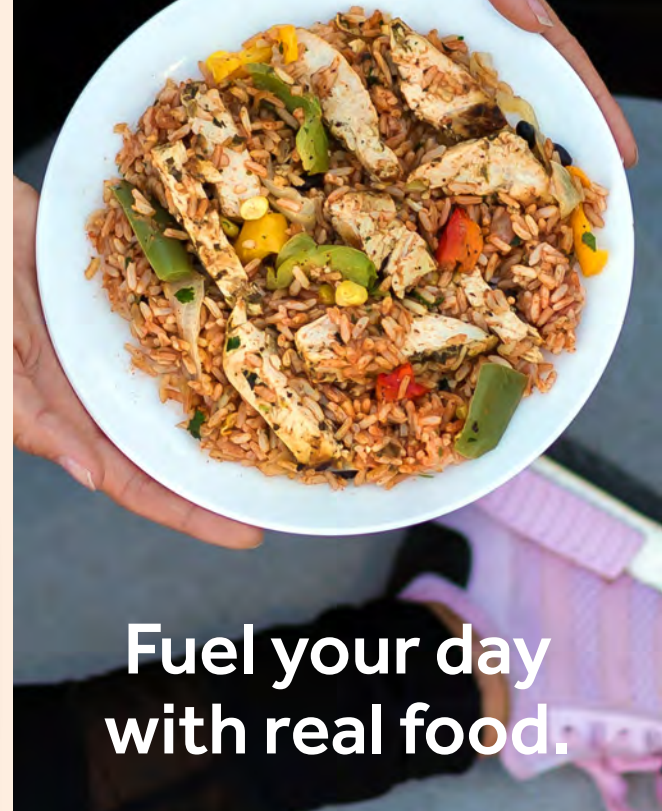


470 Calories | 35g Protein
Soy/Gluten/Nut Free

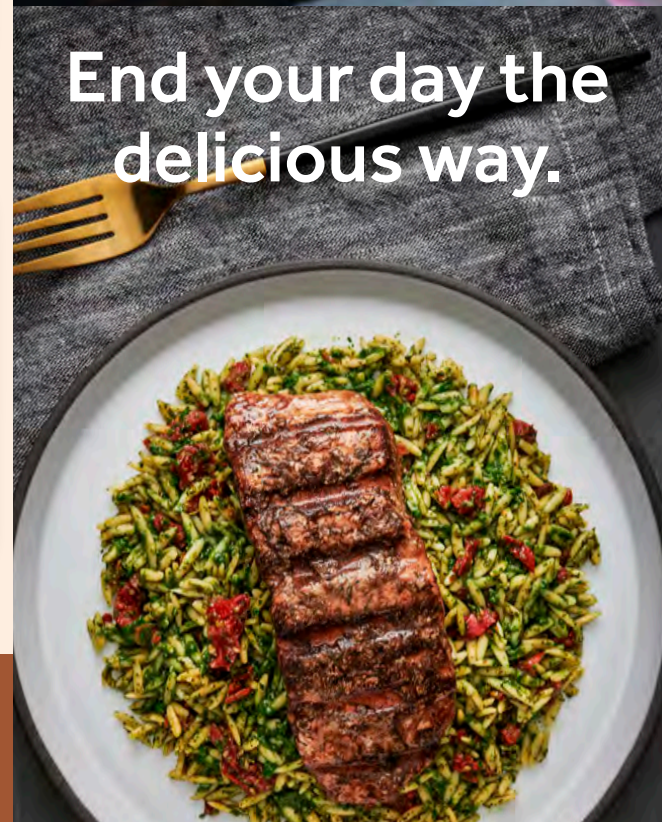


360 Calories | 23g Protein
Plant-Based | Gluten/Dairy Free

- 
 High Protein
- 
 Plant Based
- 
 Carb Conscious
- 
 No Added Hormones
- 
 Antibiotic Free Poultry
- 
 Low Sodium
- 
 Gluten Free
- 
 Milk Free
- 
 Nut Free
- 
 Soy Free



Fuel your day with real food.



End your day the delicious way.