



MealPro is a meal delivery company that leverages the latest research in nutrition science to deliver a full menu of meals with ideal macro and micronutrient levels. Our combination of current science, quality ingredients, customization options and culinary excellence provide optimum nutrition and exceptional taste.

WHAT'S IN OUR MEALS

1 LEAN PROTEINS

You'll find lean proteins in our meals such as 93/7 lean ground turkey, chicken breast, and very lean ingredients that yield clean calories.

3 HEART HEALTHY FATS

Selected seeds and olive oil are used because they have phytonutrients that lower inflammation, lower blood cholesterol and improve health.

5 CUSTOMIZABLE MEALS

For most of your meals, we offer the option to add extra protein, replace carbs with veggies and a combination thereof. Whether our customers are training for a sporting competition or are going on a diet, they can enjoy their unique meal plan.

2 LOW GLYCEMIC CARBOHYDRATES

We use brown rice, whole grain oats, and leafy green vegetables. All are low on the glycemic index that keep you feeling fuller longer, give you more energy, lower cholesterol and reduce your risk for type-2 diabetes.

4 ANTIOXIDANT RICH SPICES

We cook with spices known to contain high levels of antioxidants that lower inflammation and slow the aging process: Allspice, cinnamon, cayenne pepper, cumin, garlic, rosemary, oregano, thyme and cilantro.

6 NO SUBCONTRACTING

We make our meals at our own state-of-the-art commercial kitchen in Sacramento, California, where we can control quality at each step of the preparation. This enables us to react quickly to customer feedback and to pursue continuous process improvement.

SCIENCE OF NUTRITION

DAILY CALORIC INTAKE

Daily Caloric intake takes into account sex, age, weight, and activity level. For example, the optimal calorie range for active women between the ages of 26-50 is 1800 to 2000. For active men 26-50, it's 2200 to 2600. After factoring in calories from liquids and snacks, our meals keep you in that range.

MICRONUTRIENTS

Micronutrients are commonly referred to as "vitamins and minerals." As the name implies, micronutrients are needed in very tiny amounts. Don't be fooled though: Their size is disproportionate to their importance. Micronutrients are essential for good health—deficiencies can cause serious health problems and disease. Using only the highest quality, all-natural ingredients, MealPro meals are very high in micronutrients.

MACRONUTRIENTS

The ratio of these macronutrients is critical for optimum nutrition. MealPro works to keep their meals within the following ratios when possible:

COMPLEX CARBOHYDRATES	36-40%
PROTEIN	28-33%

OPTIMUM NUTRITION

Achieving optimal nutrition means getting the optimal amounts of the micro-nutrients needed to realize the full benefit of each. As you read the information, consider that the government's RDA is often the MINIMUM intake you need to ward off disease. To achieve optimal health and performance, we recommend substantially increasing each.

FACTSHEET

- MealPro is a California based prepared-meal company founded by Andy Sartori. It was founded based on the fact that most of your fitness results come from what you eat.
- MealPro was created to offer affordable, optimally nutritious and delicious prepared meals to enhance mind and body performance.
- MealPro is not a diet. We believe in a lifestyle of healthy eating.
- MealPro meals are built based on science backed nutrition principles with the advice of industry experts, which included doctors, nutritionists, trainers and chefs, to ensure the meals are in-line with the latest research available.
- MealPro meals are balanced based on ideal ingredient combinations, and optimal macro and micronutrient levels.
- MealPro is the only company in the market that lets users customize their meals with (e.g. no carbs, extra protein, more veggie).
- MealPro meals costs \$7.99 to \$12.99, making them one of the most affordable offerings in the category.
- MealPro meals can be ordered online, and in most cases will be delivered to your home or office .
- MealPro is the only company in the market that gives you fitness tools like a calorie calculator to find your optimal meal portion.
- MealPro menu changes seasonally, and always offers variety, freshness and deliciousness.
- MealPro is made at a state-of-the-art industrial kitchen located in Sacramento, California.

MEALPRO

LOCATIONS

Culinary Center:
7433 Greenback Ln, Suite A
Citrus Heights CA 95610



Distribution Center:
5710 Auburn Blvd, Unit 21 and 22
Sacramento CA 95841



FACILITIES:



OUR TEAM:



THE FOUNDER:

