



Meals customized to your lifestyle, delivered to your front door.

Overpriced, chemically preserved, mechanically produced meals from across the country are outdated. You need convenience. Your body needs nutrition. We marry the two and deliver it to your front door.

Health meets convenience.

Located here in the Tri-state, our meals are crafted from whole food, weighed, and portioned and delivered fresh to you. Choose from individual portions or meals for families of all sizes! All meals are clearly labeled with FDA approved labeling and sealed for optimum freshness, taste, and freezeability. Just open, heat throughly, and enjoy!

Variety? We've got it! We rotate meals frequently so that you always have a variety of options. Summer months bring more salads. Warmer months usher in soups by the quart. In fact, you will likely see 25+ new items rotating every few months!



Designed to be customized by you.

Low sodium, low carbohydrate, no dairy, are just a handful of things we cater to on a daily basis. Maybe you are just picky? Don't worry - we are all to some degree. If you don't like something listed with the meal, just tell us. We swap out items all the time.

How do I order?

Ordering is open online and via phone
Thursdays - Sundays,
7pm. Orders are delivered Wednesdays
8am - 1pm. Pick-ups are available Wednesdays,
12pm - 6pm.*



Pick up locations:

Profile by Sandford, 401 N. Green River Road, Evansville, IN
Optimum Wellness Pharmacy, 8900 Ruffian Ln., Newburgh, IN

Find our **Famous Protein Balls** in lots of places! Both Evansville YMCAs, Optimum Wellness Pharmacy, 517 Fitness, iLoveKickboxing, and more!

Delivery locations:

Evansville, Newburgh, Boonville, Elberfeld, Ft. Branch, Haubstadt, Poseyville, Henderson KY *

SimplyPreppedMeals.com
(812) 480-3947

Proudly serving our community with these partners as well as many other medical and fitness professionals.



*This is subject to change. Please contact us with questions.