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freshprep



Simplify your dinnertime routine

Don't battle bad traffic, awful weather and checkout lines at the grocery store.

With Fresh Prep, you can cook incredible dinners easily. We'll send you everything you need for healthy and delicious meals, including pre-portioned, freshly packed ingredients and simple recipes.

Why Fresh Prep

- Skip meal planning and grocery shopping
- Flexible, nourishing menu options
- Local whenever possible
- Meal kits come in convenient reusable cooler bags

To get your first 4 meals on us* (\$44 value):

Click below or use the promo code EMBELCARRA19. This offer expires

Thursday, February 28 at 11.59pm.

**This offer is valid for new Fresh Prep customers only.*

Get Four Free Meals Now!



Fresh Prep, 188 Victoria Dr., Vancouver, BC V5L 4C3, Canada

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**Save time and eat better.
Get your first 4 meals on us.**

Grocery shopping can be a hassle. Especially when the closest store is too far away and bad weather is keeping you indoors.

Cooking a wholesome dinner doesn't have to be stressful and time-consuming. With Fresh Prep, you'll get everything you need to whip up delicious, healthy, and homecooked meals quickly.

Learn how you can simplify your dinnertime routine with Fresh Prep:

- Skip meal planning and grocery shopping
- Flexible, nourishing menu options
- Local and organic whenever possible
- Meal kits come in reusable cooler bags instead of disposable boxes
- Skip anytime

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Hi Carissa,

Fresh Prep is expanding to Belcarra and Anmore, so we're offering you an extra special gift of 4 meals—all on us.

Why are we making such a big deal about a small place?

The Honest Truth

Earlier this month, we gained our first customer in Belcarra. Her grandchildren gave her a Fresh Prep gift card and she has been loving her meals. But for a local Vancouver-based company like us, sending a driver so far away is challenging. We were pretty close to refunding her gift card.

We thought, *there must be a better way.*

Instead of saying no to this lovely lady, we're looking to deliver more meals to Belcarra and Anmore. That's why we're making it easy for you to try us out by gifting you with 4 meals.

With Fresh Prep, you'll get everything you need for healthy and delicious meals delivered to your door, including pre-portioned, freshly packed ingredients and simple recipes.

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Cheers,
The Fresh Prep Team

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