

Metabolic Meal Service

Delicious & Nutritious Meals Customized For
Your Specific Metabolic Physiotype.
Fuel Your Body For Optimal Fat Loss, Hormonal Balance & Optimal Health

Jan 27, 2020 thru FEB 2, 2020

5 DAY METABOLIC MEAL SERVICE

10 entrees (lunch & dinner)

5 Snacks

1 Dessert

SNACKS

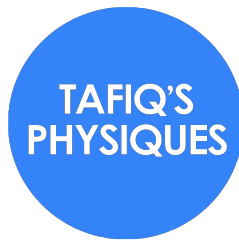
(3) Fruit & Nut Butter
(2) TafiQ's Trail Mix

DESSERT

(1) Chocolate/Almond Butter Mousse (dessert)

ENTREES

(3) Balsamic Chicken & Vegetables w/ Quinoa
(2) Coconut Curry Chicken w/ Green Beans & Basmati Rice (entree)
(3) Chipotle Turkey Chili
(2) Garlic Shrimp & Veggie Bowl



Metabolic Meal Service

RATES

Option Two

5 DAY METABOLIC MEAL SERVICE

\$217/ wk

-or-

\$798 / mo (PIF save \$70)

How It Works

Apply for Metabolic Meal Service [HERE](#)

Complete TafiQ's Physiques Metabolic Physiotype Assessment to determine your personal Metabolic Physiotype.

Meals are portioned based on your persona physiotype and goals.

All Meal Service Requests Must Be Submitted By 12noon every Saturday.

Meals are available for pickup at TafiQ's Physiques Mondays between 6am and 11am

For home delivery there is an additional \$10 delivery fee. Home delivery is between 2pm and 4pm Monday afternoon